# Know your rights. Have your say.

## IMHA (Independent Mental Health Advocacy)

### Are you on a compulsory treatment order?

If you’re receiving compulsory treatment, it can be a lonely and distressing experience. It might feel like no-one is listening to you.

Our independent advocates can:

* listen to what you want and talk to you about your options
* give you information and support to act on your rights
* work with you so you can have your say
* refer you to other services if you need.

Our service is independent, free and confidential.

We will contact you if you are receiving compulsory treatment, unless you have told us not to.

### Contact us

Call on 1300 947 820 9.30am to 4.30pm, seven days a week

Email contact@imha.vic.gov.au

Visit our website [Independent Mental Health Advocacy](https://www.imha.vic.gov.au/) (www.imha.vic.gov.au)

Call 1800 959 353 to hear a free recording of your rights.

We will organise an interpreter for you.

IMHA is committed to providing safe and inclusive advocacy services.