

imha

Are you currently in an adolescent mental health unit?

Are you confused, scared or worried?

Do you understand what's going on?

Do you need help making yourself heard?

You might want an Independent Mental Health Advocate (IMHA)

This leaflet will explain what an IMHA is, how they can help you and how you can contact them

What is advocacy?

Advocacy helps to give people a voice, helping them speak up about what they want.

IMHAs are independent mental health advocates who represent you.

We do not work for the hospital, the council or anyone else.

We do not judge you or make decisions for you. We support you to make your own decisions and have a say in your treatment. We do not hold back information from you or share information with people without your permission.

What will an IMHA do for me?

IMHAs can help you to:

Give your views in meetings

Find out more about your medication

Understand more about the section you're on

Access information, explore your options and help you develop a care plan

Understand and apply your rights

Access relevant records

Receive the proper aftercare

Make complaints

How do I get an IMHA?

You should be offered a referral to an IMHA when you come into hospital, but if not you can refer yourself or ask a member of staff or your family to do it for you.

You can turn down IMHA support at any time or request support whilst you are in hospital.

Contact Us

Conwy and Denbighshire
01745 816501

Flintshire and Wrexham
01352 759175

Gwynedd and Ynys Mon
01248 354127

Compliments or complaints

The IMHA service values your comments and feedback. Please speak to your advocate or ring one of the numbers above for details of how you can do this.

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Ydych chi mewn uned iechyd meddwl y glasoed ar hyn o bryd?

Ydych chi'n teimlo'n ddryslyd, yn ofnus neu'n poeni?

Ydych chi'n deall beth sy'n digwydd?

Oes arnoch chi angen help i'ch llais gael ei glywed?

Efallai fod arnoch eisiau Eiriolwr Iechyd Meddwl Annibynnol (EIMA)

Bydd y daflen hon yn esbonio beth yw EIMA, sut y gallant eich helpu a sut y gallwch gysylltu â nhw

Beth ydi eiriolaeth?

Bydd eiriolaeth yn helpu i roi llais i bobl, eu helpu i siarad am yr hyn y mae arnyn nhw ei eisiau.

Mae EIMA yn eiriolwyr iechyd meddwl annibynnol sy'n eich cynrychioli chi.

Dydyn ni ddim yn gweithio i'r ysbty, y cyngor na neb arall.

Fyddwn ni ddim yn eich beirniadu chi nac yn gwneud penderfyniadau i chi. Byddwn yn eich cynorthwyo i wneud eich penderfyniadau eich hun ac i ddweud eich dweud ynglŷn â'ch triniaeth. Fyddwn ni ddim yn cadw gwybodaeth yn ôl nac yn rhannu gwybodaeth â phobl heb eich caniatâd chi.

Beth wnaiff EIMA ei wneud i mi?

Gall EIMA eich helpu i:

Roi eich barn mewn cyfarfodydd

Cael gwybod mwy am eich meddyginiaeth

Deall mwy am yr adran rydych arni

Cyrchu gwybodaeth, archwilio eich opsiynau a'ch helpu i ddatblygu cynllun gofal

Deall a chymhwyso eich hawliau

Cael mynediad at gofnodion perthnasol

Derbyn yr ôl-ofal priodol

Mynegi cwynion

Sut allaf i gael EIMA?

Dylech gael cynnig atgyfeiriad at EIMA pan ddowch i'r ysbty, ond gallwch eich atgyfeirio eich hun neu ofyn i aelod o'r staff neu eich teulu wneud hynny ar eich rhan.

Gallwch wrthod cymorth EIMA ar unrhyw adeg neu gallwch ofyn am gymorth tra byddwch yn yr ysbty.

Cysylltwch â Ni

Conwy a Sir Ddinbych
01745 816501

Sir y Fflint a Wrecsam
01352 759175

Gwynedd ac Ynys Môn
01248 354127

Canmoliaeth neu gwynion

Mae Gwasanaeth EIMA'n gwerthfawrogi eich sylwadau a'ch adborth. Siaradwch â'ch eiriolwr neu ffoniwch un o'r rhifau uchod i gael y manylion i wneud hynny.

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