

About IMHA – Independent Mental Health Advocacy

IMHA services are independent, free and confidential.

If you are receiving compulsory treatment, our IMHA 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 be involved in your treatment and recovery
- Refer you to other services if you want Ask a mental health service provider, carer, kin or other support person to assist contacting IMHA

How to contact IMHA and find out more

- Visit the website www.imha.vic.gov.au or send an email to imhacontact@imha.vic.gov.au
- Call the IMHA phone line [1300 947 820](tel:1300947820), which is staffed by IMHA advocates 9:30am – 4:30pm seven days a week (except public holidays). imha.vic.gov.au
- Call the IMHA rights line on [1800 959 353](tel:1800959353) to hear a recording about your rights.
- Ask a mental health service provider, carer, or other support person to assist contacting IMHA.
- If you wish to provide feedback or make a complaint about IMHA, please contact us, or visit the feedback section of our website.

