



Do you want to be heard?



If you are detained or an inpatient in hospital for assessment or treatment you are entitled to an Independent Mental Health Advocate or a Generic Advocate in Tameside.

We can help to:

- **Raise your concerns and views**
- **Find information and services**
- **Explore your choices and options**
- **Support you at meetings and in your appeal process**

Please contact us on: **0161 207 0767**

Or speak to an advocate on the ward or ask someone to contact us on your behalf

