

MhIST Services

Are able to;

Adults who experience mental health problems. (16+)

Elderly People who experience mental health problems.

Carers of those who experience mental health problems.

MhIST also has volunteers who can offer sign language interpreting.

You can get in touch through:

- Self referral
- GP, General Practitioner, Doctor
- Social Worker
- CPN (Community Psychiatric Nurse)
- Mental Health worker or professional or you could get a member of family to contact us.



MhIST Mental Health Advocates.

Are able to:

- Explore the options open to you
- Attend appointments with you MHRT(Mental Health Review Tribunal)Reviews, Tribunals, Ward Rounds etc)
- Assist you in making your wishes and opinions heard

Advocates do not:

- Make judgements about you
- Tell you what to do
- Give advice
- Make decisions for you
- Provide counselling

Contact a Mental Health Advocate:

MhIST

(Mental Health Independent Support Team)

01204 527200

Or

MENTAL HEALTH ADVOCACY
IN THE COMMUNITY
FOR THE ELDERLY
IN THE HOSPITAL

The poster features three images of people's faces, each divided into a grid pattern. The first image is a woman's face, the second is an elderly man's face, and the third is a man's face. The text is in a bold, red, sans-serif font.

COMIC RELIEF **FUNDED BY** **COMIC RELIEF**

Debt and Benefits Advocacy.

We at MhIST offer help and advice for those people with mental health issues and their carers who are experiencing debt problems.

We can act on your behalf and help you in dealing with such problems as bailiffs, rent arrears, utility bills, debt agencies, etc.

Our advocates can also help and advise with access to benefits e.g. Completing DLA forms, Carers Support Allowance, Incapacity Benefit. We can also help you put your case to appeals tribunals, etc.

If you want further information or a chat to see if we can help then contact us at MhIST.

Volunteer Advocates.

The advocacy team is made up of paid and volunteer advocates.

If you would like to become a volunteer mental health advocate please contact us on 01204 366609 to get more details and information.

MhIST Mental Health Advocacy Service is;

- Available in the community
- Available in hospital
- Friendly
- Free
- Independent
- Confidential
- Knowledgeable of local services
- Knowledgeable of local agencies

MhIST

(Mental Health Independent Support Team)

30 Chorley New Road

Bolton

BL1 4AP

Tel; 01204 527200

e-mail: info@mhist.co.uk

Web Site; www.mhist.co.uk

Mental Health Advocacy for Older People.

Advocacy is equally valuable for people suffering from dementia as it is for those with other mental health issues.

Elderly people can be affected by the same issues as younger people.

We at MhIST can be there to represent anyone who has mental health issues, from depression, to schizophrenia and dementia.

All elderly people deserve to be treated with dignity and respect and to have their concerns addressed.

Elderly people living in residential nursing homes or hospitals have the same rights as those who live in the community and sometimes you need someone there to help you make your voice heard.

A mental health advocate from MhIST may be able to help.



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