

## TO FIND OUT MORE

To find out more about Wish, our services or how to become a member, please contact the London office (details overleaf).

## MEMBERSHIP

Membership is free to women with experience of mental distress and/or the mental health and prison system, and to user-led mental health and women's groups. A yearly subscription for allies and other supporters of Wish costs £5 (unwaged), £15 (waged) or £25 (organisations).

We have a membership of more than 300 women.

Benefits of membership include:

- ◀ being part of an organisation which supports women's mental health
- ◀ having an input into campaigning to change local and national policy
- ◀ receiving our quarterly newsletter which showcases members' creativity and stories, as well as providing up-to-date information and articles.

## ABOUT WISH

Wish, founded in 1987, is a registered national charity whose mission is to provide long-term, gender-sensitive support and services to women with mental health needs in their journey through the criminal justice and mental health systems and into the community, and to support women to have their voices heard at a policy level.

### WISH London Office

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### WISH Liverpool Office

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A voice for women's mental health

SERVICES  
for  
WOMEN

ADVOCACY



## WISH ADVOCACY - BY WOMEN, FOR WOMEN

After 20 years of working with women, we know that everyday advocacy services do not meet women's needs, because they weren't designed with women in mind. We've supported thousands of women over the years and listened to what women said would be a useful kind of service.

Wish advocacy really works for women and makes sure that women can easily access the service to ensure that all treatment, care and personal issues are addressed appropriately and sensitively.

- ◀ We take time to build trusting relationships through regular personal visits
- ◀ We treat you as an individual with unique needs
- ◀ We support you to make changes to improve your life on a daily and long-term basis



## WHERE OUR ADVOCATES CAN HELP

Wish provides representation and support in areas such as:

- Care Programme Approach reviews
- Mental Health Review Tribunals
- Hospital Manager's Hearings
- Ward Rounds

## WHAT AN ADVOCATE DOES

If you feel unhappy with any aspect of your treatment and care, but do not feel you have a voice, we can support you to get your opinion heard.

Your Wish advocate will...

- ◀ Listen and talk through issues with you privately
- ◀ Help you find information and solutions
- ◀ Empower you to express your needs and views yourself
- ◀ Support you in meetings

## HOW DOES IT WORK?

### ◆ Relationship Building

We come and visit you in person and take time to build a trusting relationship with you as an individual.

### ◆ Advocacy

We listen to your concerns, then work together to look at your options and explore possible solutions. We support you to make informed decisions and get your voice heard. We speak on your behalf if necessary, and work with staff in your unit to improve the quality of your treatment and care.

### ◆ Self Advocacy Support

We want to give you the power to self-advocate and get your own voice heard. We provide information, resources and skills training. Women who use our advocacy service gain the confidence and skills to assert their needs and views themselves.

## INDEPENDENT MENTAL HEALTH ADVOCACY (IMHA)



Any person detained, or 'sectioned', under the Mental Health Act is legally entitled to representation from an Independent Mental Health Advocate (IMHA). You have the right to meet with an IMHA in private and your IMHA can meet with anyone involved in your treatment if you agree to this. In many of the hospitals Wish visits, we provide the IMHA service. However, some hospitals will use other IMHA providers. In that situation, your Wish advocate can refer you on to the IMHA service covering your hospital. You may choose to have both a Wish advocate and an IMHA.

## CONFIDENTIALITY

When you speak to a Wish Advocate, it is confidential to Wish – anything you share can only be passed to other Wish staff. We will not tell anyone else UNLESS:

- ◀ You say you might harm yourself or others
- ◀ You say you are considering something illegal
- ◀ There is a child protection issue

## 'WIDER WISH'

'Wider Wish' is the campaigning side of the organisation. The advocate can use Wider Wish to raise general issues about women's treatment and care, to be dealt with at a hospital policy level.