

# 3 stories that matter - Tomas

Tomas has been receiving care and treatment for his mental health in hospital. He has a diagnosis of severe depression and anxiety and has been detained under s3 of the Mental Health Act for 16 months. He has used IMHA support throughout his detention to request leave and to help him during ward rounds.

Recently his IMHA supported him through his Tribunal which found he should be discharged. This triggered the LA and CCG working together to arrange aftercare for Tomas under s117, there was a dispute over funding. The IMHA helped Tomas to raise concerns and eventually write a complaint as the disagreements were causing delays to his discharge.

The IMHA also supported Tomas to explore what type of aftercare would be beneficial in maintaining his mental health which led to Tomas requesting counselling support to help manage his anxiety and gym membership which was an important part of managing his wellbeing. After 10 weeks of planning, Tomas left the hospital with a robust package of aftercare support in place. .

