



Advocacy is all about supporting you to understand your own situation



Advocacy support ensures that you are listened to and respected



seAp advocates promote your views and work with you to achieve the things you want



seAp is a charity and is not part of Health or Social Services.



All seAp Advocacy services are free



We won't tell anyone what you have said to us unless

- **you want us to**
- **it involves danger to you or other people**
- **the Law says we need to**



If you would like to know more about seAp's Advocacy services, please contact us



**seAp
PO Box 375
Hastings
TN34 9HU**



0330 440 9000



info@seap.org.uk



**Text SEAP to 80800
followed by your message**