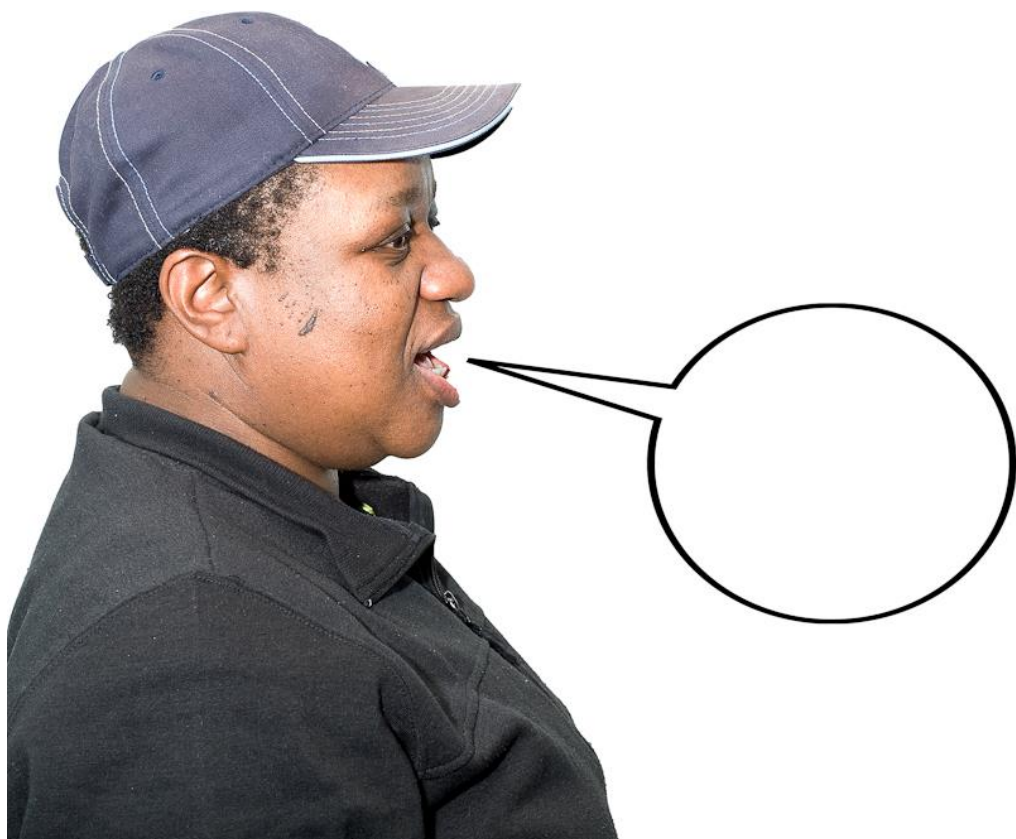




# Advocacy

Advocacy is when you get support to have your say.



## How we can help



We will talk to you to find out what you want and how you feel.



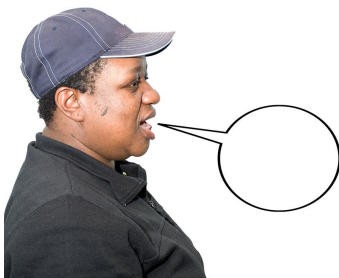
We will listen to you.



We will find information to help you make choices.



We can talk to other people or groups for you.



We can help you say what you think about your mental health care or treatment.



## What you need to know

We do not work for social services or the NHS.



This means we can support you to have a say if you are not happy with your care.



We will ask you if you want our help. It is ok to say yes or no.



We will only talk to other people

- when you want us to
- or if you or someone you know might get hurt
- when the law says we have to

Your VOICE Your RIGHTS Your CHOICE