

a city-wide advocacy project

AdvoCard

for users of mental health services

Do you use mental health services?

Need a volunteer advocate?
Maybe **AdvoCard** could help

AdvoCard is a community based independent Advocacy service specifically aimed at users of mental health services in Edinburgh.

If:

- Your feelings are not being considered
- You are not being listened to
- You would like more information
- You would like to find out more about your rights

Then AdvoCard can help.

Advocacy can be defined as

“... standing up for and sticking with a person or a group, taking their side, helping them to get their point across. Advocacy adds weight to people’s views, concerns, rights and aspirations.”

*Scottish Executive: Independent Advocacy;
A Guide for Commissioners, January 2001*

AdvoCard could benefit you by providing a trained volunteer to support you by:

- Listening to you and helping you explore options
- Attending meetings, appointments with you
- Helping to draft letters
- Accessing information
- Offering moral support

AdvoCard can offer volunteer advocates to work with you on a specific issue or on a long-term one-to-one basis.

Some of the issues that people have needed help with include:

- Housing
- Medication
- Benefits
- Employment
- Hospital admission/discharge
- Access to other services

To find out more, contact one of the
AdvoCard workers

at

AdvoCard
332 Leith Walk
Edinburgh
EH6 5BR

Tel: 0131 554 5307

Fax: 0131 555 6092

Email: advocacy@advocard.org.uk

AdvoCard positively encourages current or ex users of mental health services to train as volunteers.

If you are interested in becoming an AdvoCard volunteer then please contact us to find out more information.

Funded by City of Edinburgh Council Social Work Department and Scottish Executive through MISG, Scottish Charity Number SCO 231 81



SCOTTISH EXECUTIVE

◆ EDINBURGH ◆
THE CITY OF EDINBURGH COUNCIL

We are striving to be an equal opportunities employer.