

a city-wide advocacy project

**AdvoCard**

for users of mental health services

Are you working  
with someone who  
would benefit from  
mental health  
advocacy?

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Then contact **AdvoCard**

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

### **What is advocacy all about?**

“Advocacy is about 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*

Independent advocacy is becoming increasingly high on the political agenda in Scotland. Workers in health and social services will frequently encounter advocacy workers when working with their clients.

## **What AdvoCard does?**

AdvoCard trains and supports volunteers to work as volunteer advocates with users of mental health services living in the community.

We provide advocacy support to service users to work on a specific issue or on a long-term one-to-one basis.

There may be many occasions when you feel you advocate on behalf of your client but there will be occasions when it will be beneficial for that individual to have access to an advocate who is independent.

### **How to access our service:**

- Establish that you client would like an advocate
- Give that person our contact details
- If necessary, support them to make a call
- If necessary, support them to come to the office.

**AdvoCard works on a self-referral basis.**

## **Benefits of Advocacy**

To you as a worker

- encourages good practice
- ensures that your client's needs are met and their rights are adhered to

To your client

- it aids them in taking some control in decisions about their lives
- ensures that they are heard and that their views are taken into account

To find out more call into or ring

**AdvoCard**

**332 Leith Walk**

**Edinburgh EH6 5BR**

**Tel: 0131 554 5307**

**Fax: 0131 555 6092**

**Email: [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)**

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



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