

# A MENTAL HEALTH ADVOCACY GUIDE

for Edinburgh



## THE MENTAL HEALTH (CARE AND TREATMENT) (SCOTLAND) ACT 2003

The Act gives people who experience mental health difficulties the right to access independent advocacy services. This applies to both individual and collective advocacy.

This leaflet describes services for people who experience mental health difficulties and carers who live in Edinburgh.

### WHAT IS ADVOCACY?

Advocacy is about having somebody to help you be heard, it is about having a greater say in decisions being made about you and your care and treatment.

#### AN ADVOCATE:

- is there for you and nobody else
- helps you get information you need to make decisions
- speaks up for you and only says what you want
- helps you get your views over to others

The Guide only lists organisations in Edinburgh that work with people who have experience of using mental health services, or their carers. Organisations listed in this Guide provide individual advocacy, collective advocacy or legal advice and representation.

# INDIVIDUAL ADVOCACY ORGANISATIONS

Individual Advocacy is about a person having somebody called an advocate to help them have more influence over decisions being made about their lives. For example, an advocate can help you prepare and go with you to a meeting about your treatment or support. Having your advocate can help you have a stronger voice.





## ADVOCARD

AdvoCard provides independent advocacy to anyone who is using, or has used, mental health services and who is living in the community in Edinburgh.

AdvoCard has two services; one that offers advocacy around a wide range of issues that can affect a person's life and another service that offers advocacy to individuals in relation to the Mental Health (Care and Treatment)(Scotland) Act 2003.

### Advocard has offices at:

332 Leith Walk

Edinburgh EH6 5BR

Telephone: 0131 554 5307

Fax: 0131 555 6092

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

Norton Park

57 Albion Road

Edinburgh EH7 5QY

Telephone: 0131 475 2340

Fax: 0131 475 2357

[advocacymha@advocard.org.uk](mailto:advocacymha@advocard.org.uk)

Phone or call during office hours (Monday to Friday) and we can arrange for you to have an advocacy worker.



## CIRCLES NETWORK ADVOCACY PROJECT

This Project provides individual advocacy to anyone using the following services at the Royal Edinburgh Hospital:

- Acute Admission Wards (including Intensive Psychiatric Care Unit)
- Rehabilitation Services
- Forensic Services
- Older People's Services
- Young Peoples Unit and associated services

### **Project office is located at:**

The Royal Edinburgh Hospital  
Morningside Terrace

Andrew Duncan Clinic

Edinburgh EH10 5HF

Telephone: 0131 537 6004

Fax: 0131 537 6004

[circles.advocacy@myedinburgh.org](mailto:circles.advocacy@myedinburgh.org)

You can call to speak with an advocate between 9.00am-5.00pm, Monday to Friday or leave a message out of hours and your call will be returned.



## CIRCLES COMMUNITY ADVOCACY PROJECT

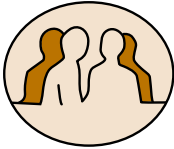
This Project provides advocacy to people who have dementia and live at home in Edinburgh. The Project is committed to the right of individuals to participate in decisions made about their care and treatment.

### **Project office is located at:**

The Royal Edinburgh Hospital  
Morningside Terrace  
Edinburgh EH10 5HF  
Telephone: 0131 537 6004  
Fax: 0131 537 6004  
[circles.advocady@myedinburgh.org](mailto:circles.advocady@myedinburgh.org)

You can phone between 9.00am-5.00pm Monday to Friday or leave a message out of hours and your call will be returned. Please specify that you are phoning for the Circles Community Advocacy Project.

Edinburgh Carers Council



## EDINBURGH CARERS COUNCIL

Edinburgh Carers Council provides information and advocacy to carers of people with a mental health problem and who use mental health services in Edinburgh.

They can provide representation and advocacy for individual carers about issues they are concerned about.

They also consult with carers and take their views to the planners and providers of services.

### Their office is at:

356 Leith Walk

Edinburgh EH6 5BR

Telephone: 0131 554 5153

[info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

[www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)

You can phone during office hours.

If you leave a message, someone will get back to you as soon as possible.



## Legal advice and representation

### LEGAL SERVICES AGENCY Ltd

LSA Ltd employs Solicitors to provide legal advice and representation to people with mental health problems, acquired brain injury and dementia, and their families and carers. The Solicitors can deal with most civil law cases which involve mental health service users. They do not handle criminal work, but would be able to tell you who may help you. LSA Ltd uses the Legal Aid scheme fully. If you do not qualify for Legal Aid, you may be required to pay a fee for work carried out on your behalf.

#### Legal Services Agency Ltd. are at:

3rd Floor, Princes House  
5 Shandwick Place  
Edinburgh EH2 4RG  
Tel: 0131 228 9993  
Fax: 0131 228 9994  
Isaedin@lsa.org.uk

They do not operate an open office policy, but you can phone 9.00am-1.00pm and 2.00pm-5.00pm, (answering service outwith these hours) to arrange an appointment. Initial advice can be provided by telephone.

LSA Ltd is a national, charitable, user-controlled Law Centre. Other firms of Solicitors may also be able to provide a similar service.

# HOW TO DECIDE

There are five projects providing individual advocacy listed. Here are some suggestions about how you can decide which is best for you:

## 1. Where are you?

- If you are in hospital, you should contact Circles Network Advocacy Project.
- If you are living in the community, you should contact AdvoCard.
- If you are living in the community and have dementia or know someone who has dementia, you should contact Circles Community Advocacy Project.

## 2. Are you facing the possibility of compulsory treatment?

- Contact Circles Network Advocacy Project if you are in hospital.
- Contact Advocard if you are in the community.
- Contact Circles Community Advocacy project if you are living in the community and have dementia or know someone who has dementia.
- Contact Legal Services Agency (LSA) wherever you are.

## 3. Are you supporting someone with a mental health problem

- You should contact Edinburgh Carers Council.

# COLLECTIVE ADVOCACY ORGANISATIONS

Collective advocacy is about people with similar experiences getting together to try to change things for the better. For example, it can enable people to have influence on what kinds of services are available. By making use of their shared experiences, they can have a much stronger voice and be more influential than they can as individuals.





# CAPS

## The Consultation and Advocacy Promotion Service

In Edinburgh, CAPS works with groups of mental health service users to raise awareness of mental health issues, campaign and have a say in the way in which services are planned, provided and monitored. It does this by supporting groups such as Edinburgh Users Forum, holding consultations and helping service users take part in the management of services and training of staff.

### CAPS is based at:

5 Cadzow Place  
Edinburgh EH7 5SN  
Telephone: 0131 538 7177  
Fax: 0131 538 7215  
[contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)  
[www.capsadvocacy.org](http://www.capsadvocacy.org)

You can contact them during office hours.



## EDINBURGH USERS FORUM (EUF)

EUF is an independent collective advocacy group whose members use or have used mental health services in Edinburgh.

EUF meets on the first Saturday of every month and publishes a monthly newsletter which has details of their meetings as well as information and articles. The Forum exists to give people who use mental health services a say in the services that are provided, and how those services are run. It campaigns on issues such as crisis services, advocacy, housing and benefits. EUF also has a mental health awareness training group called KnowUS.

**They can be contacted through CAPS at:**

5 Cadzow Place  
Edinburgh EH7 5SN  
Telephone: 0131 538 7177  
Fax: 0131 538 7215  
[euf@capsadvocacy.org](mailto:euf@capsadvocacy.org)

**You can contact them during office hours.**



## ROYAL EDINBURGH HOSPITAL PATIENTS COUNCIL

The Patients' Council is an independent collective advocacy organisation whose members are patients and former patients of the Royal Edinburgh Hospital. It has bi-monthly open meetings, weekly drop-ins and small working groups.

**For more information,  
please contact:**

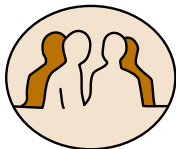
Ruth Rooney or Maggie McIvor  
Patients' Council

The Royal Edinburgh Hospital  
Morningside Terrace  
Edinburgh EH10 5HF

Telephone: 0131 537 6462

[mmcivor.patientscouncil@myedinburgh.org](mailto:mmcivor.patientscouncil@myedinburgh.org)

Edinburgh Carers Council



## EDINBURGH CARERS COUNCIL

Edinburgh Carers Council is a collective advocacy organisation which supports carers to have a stronger voice in the way services are planned and provided.

It consults with carers about issues of concern, and organises information meetings for carers.

### Their office is at:

356 Leith Walk

Edinburgh EH6 5BR

Telephone: 0131 554 5153

[info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

[www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)

You can phone during office hours.

If you leave a message, someone will get back to you as soon as possible.

## HOW TO CHOOSE

1. For help with user involvement, consultation or setting up a user group, contact CAPS.
2. If you are interested in joining a service user group, you can join EUF and/or the Patients' Council. EUF focuses on community services, and the Patients' Council on hospital services.
3. If you support someone who has a mental health problem and want to make your voice heard in relation to mental health services and support for carers, contact Edinburgh Carers Council.

PLEASE USE THE FOLLOWING PAGES  
TO MAKE ANY NOTES YOU MAY NEED



تشرح هذه المنشورة خدمات الدفاع والمناصرة المستقلة للأشخاص الذين يعانون من صعوبات تتعلق بالصحة العقلية في إنديرة والقائمين على رعايتهم. خدمة الدفاع والمناصرة تعنى أن يوجد شخص يساعدك كي يكون صوتك مسموعاً وأن يكون لك قولاً أكبر في القرارات التي يتم اتخاذها عنك وعن رعايتك وعلاجك. إذا كنت تحتاج إلى المساعدة لترجمة هذه المنشورة الرجاء الاتصال بمكتب خدمة الترجمة الفورية والتحريرية على رقم الهاتف 0131 8181242 أو رقم الفاكس 0131 242 8009. وإذا كانت لديك أية استفسارات أخرى الرجاء الاتصال بالمنظمات المذكورة في هذا الدليل

এডিনবরায় বসবাসরত মানসিক রোগে আক্রান্ত ব্যক্তিদের এবং তাদের সেবায়ত্বকরীদের জন্য 'ইনডেপেন্ডেন্ট এডভোকেসি সারভিস' (স্বতন্ত্র পক্ষসমর্পনকরী সেবা) সহস্বে তথা এই পুস্তিকায় দেওয়া আছে। 'এডভোকেসি' -র অর্থ হল আপনার জন্য এমন একজন ব্যক্তি থাকবেন যিনি আপনার ব্যক্তিত্ব যাতে অনার্য শূন্যে তা স্বনিশ্চিত করবেন এবং তিনি এটা স্বনিশ্চিত করবেন যাতে আপনার সেবায়ত্ব এবং চিকিৎসার ব্যাপারে যে সিদ্ধান্ত নেওয়া হয় সে গুলিতে যাতে আপনার ইচ্ছাকে বেশি গুরুত্ব দেওয়া হয়। আপনার সম্প্রদায়ের ভাষায় এই ডকুমেন্ট অনুবাদ করার ব্যাপারে তথা পাওয়ার জন্য ইন্টারপ্রিটেশান এ্যান্ড ট্রান্সলেশান সারভিস (আই.টি.এস.)-এর সাথে 0131 242 8181 নম্বরে ফোন করে রেফারেন্স নম্বর 06443 উল্লেখ করবেন।

這單張說明一項獨立代言服務，是為居住在愛丁堡並在精神健康上有困難的人士及其照顧者而設的。代言服務就是有別人幫助你使你的意見得到聆聽，在決定有關你自己和你的護理與治療的事情上，讓你表達更多。如果你需要這單張的中文版本，請聯絡愛丁堡市議會傳譯及翻譯服務部 (ITS)，電話：0131 242 8181，傳真：0131 242 8009。有關其他查詢，請聯絡指引內列出的個別機構。

اس کتابچے میں ایڈیٹر ایس آر ہائٹس نے پر دماغی صحت کی مشکلات کے حامل لوگوں اور ان کی دیکھ بھال کرنے والوں کیلئے غیر جانبدار ایڈوکیسی (حمایتی) سروسز کی تشریح کی گئی ہے۔ ایڈوکیسی کا مطلب کسی شخص کا آپ کی مدد کیلئے آپ کے پاس موجود ہونا ہے تاکہ آپ کی بات سنی جائے۔ یہ آپ اور آپ کی دیکھ بھال اور علاج کے بارے میں کئے جانے والے فیصلوں کے سلسلے میں مزید جاننے والے دینے کے متعلق ہے۔ اس کتابچے کا ترجمہ کروانے کیلئے اگر آپ کو مدد کی ضرورت ہے تو برائے مہربانی انگریزی میں ایڈوکیٹیشن سروس (ITS) سے رابطہ قائم کریں۔ ٹیلیفون : 0131 242 8181 ٹیکس : 0131 242 8009۔ دیگر تمام دریافت طلب باتوں کے لئے برائے مہربانی اس رہنما کتابچے میں درج فہرست تنظیموں سے رابطہ فرمائیں۔

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 06443. ITS can also give information on community language translations. You can get more copies of this document by calling 0131 538 7177.

Production of this leaflet has been supported by City of Edinburgh Council Department of Health and Social Care.



Published September 06