

**Would you like to
talk to an advocate?**

**An Independent Mental Health
Advocate helps people
understand their rights
under the Mental Health Act.**



**Free.
Confidential.
Independent.**

An advocate can help you to...

- › understand your rights
- › say what's important to you and make decisions
- › speak with people about your needs and wishes
- › think about what you want to say in meetings
- › challenge a decision if you don't agree with it



**Having an advocate
helps you be at the
centre of your care**

Contact us

020 3960 7920

referrals@advocacyproject.org.uk

www.advocacyproject.org.uk