

Mental Health Advocacy

Advocates are available to meet in person or speak over the phone

We offer support and assistance in:

- Attending appointments, tribunals and other multi-agency meetings.
- Understanding and applying for benefits and accompany to assessments.
- Understanding your rights and finding legal aid.
- Filling in forms.

Tel: 01595 743714

An Advocate is someone who...

- **Will help you make informed decisions in the situation you face.**
- **Will accompany and support you at meetings.**
- **Will put forward your point of view when you feel you cannot, including writing letters or making phone calls on your behalf.**
- **Will explore the means to help you feel empowered to engage more and speak for yourself.**

Who can have an advocate?

- Those with a mental illness.
- Anyone using health and social care services.
- Individuals accessing services or their carers.

If you are unsure if we can help you, please contact us to discuss, as enquiries are most welcome.



Market House, 14 Market Street,
Lerwick, Shetland ZE1 0JP

Tel: 01595 743929 or 743953

Email: advocacy@shetland.gov.uk

Website: www.advocacy-shetland.org

FB: www.facebook.com/advocacyshetland

Charity No: SC048201

**Advocacy Shetland is a confidential,
independent, free service.**