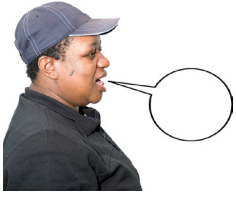




What is an advocate?

What is an advocate?



An **advocate** is someone who helps you speak up and tell other people what you think.

How can an advocate help me?

They can



- help you stand up for your rights



- help you make choices about your life



- help you get support or change your support



- help you complain about something



- help you understand information so you can make a decision. They cannot make the decision for you.

Who can be my advocate?



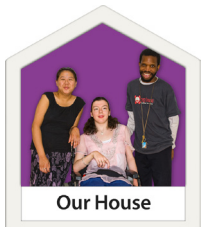
A family member or friend.



Someone who works as an advocate for a job. But you may have to pay for them.



A **volunteer advocate**. They will work with you for free.



A **peer advocate**. This is a person who has the same opinions or views as you. They will speak up for both of you.

How long will an advocate work with me?



An advocate will only work with you until they have helped you say how you feel about something.

How else can I have my say?



You could join a group of people who have the same views as you. You could all work together to have your say.



You can also try speaking up for yourself and telling other people what you think. Someone can support you to do this. This is called **self advocacy**.

How can I get an advocate?



If you have a social worker you can ask them to find you an advocate.

You can also



- call the **Advocacy Resource Exchange** on **08451 228 633**
- call **Mencap Direct** on 0808 808 1111 and choose option 1.

If you want to find out more about advocacy or speak to someone about it the Mencap Direct advice and information service can also help you with this.



Call **0808 808 1111**



Text 0771 798 9029



Text relay 18001 0808 808 1111



Email **help@mencap.org.uk**



Write to
Mencap Direct advice and information
3rd Floor Delta View
2309-3211 Coventry Road
Birmingham
B26 3PG