

What is Advocacy?

It can be hard to tell others if you are concerned about your treatment or care whilst using mental health services or in hospital.

An Advocacy worker can help you to:

- Ask questions.
- Be heard and say what you want.
- Be included in the decision making process.
- Understand your options and make choices.
- Be treated with respect and as an equal.
- Know your rights.

What can an Advocate do?

- Listen to your concerns.
- Support and/or represent you at meetings, ward rounds, care planning meetings, or doctor's appointments.
- Help you access mental health services or refer you to other professionals e.g. solicitor or debt advisors.
- Provide information about medication and treatment whilst in hospital.
- Provide information about community care and other support.
- Help you challenge a decision about your care or make a complaint.

All Mind Advocacy Workers are:

- ***Independent & Free*** - we are not employed by Health or Social Services.
- ***Confidential*** - we will not share information with other agencies without your permission, unless you or someone else is seriously at risk.
- ***Working for you*** - we will not tell you what to do or make judgements but help you make choices & say what you want from services.
- ***Our service consists of 4 Advocates who cover the whole of West Sussex. Please see back page for contact details.***



- **MIND Advocacy**
is available *free* to anyone experiencing mental distress.
- **Comments**
We welcome any comments, concerns or complaints. All complaints will be responded to promptly. Contact the advocacy manager on **01903 216430** or at the address on the front of this leaflet.
- The Data Protection Act of 1988 requires us to tell you that we keep brief notes about our work with you. Please ask to see these notes or have a copy.
- *This leaflet is available in larger print and other formats on request.*

MIND Advocacy Projects

- **Bill Turner**
(MID Downs Advocacy Service)
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T: 01403 270388
M: 07721 099540
- **Mo Davies**
(MID Downs Advocacy Service)
Linwood Community
Mental Health Centre,
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T: 01444 417286
- **Saundra Trebble**
(Spout Advocacy Service)
Centurion Mental Health Unit
Graylingwell Drive, Chichester,
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- **Malcolm Bateup**
(Pressure Point Advocacy Service)
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West Sussex
Advocacy Service
for adults aged 18-65



Managed by
MIND in Brighton & Hove