

Mental Health Advocacy

Independent Advocacy is about supporting people with mental health problems to participate in the decision making processes that affect their life regarding their welfare, care and treatment.

We can:

- Attend Mental Health Tribunals with you or for you
- Provide you with information about the Tribunal process
- Help you to prepare for your Tribunal – what you want to say
- Help you to access a solicitor
- Attend meetings with you
- Help you look at and consider your options
- Help you access information about decisions you may need to make

We will:

- Support you in expressing your views, and represent your views if necessary
- Respect your individuality and your right to be socially included

We will not:

- Judge what you say, think or feel
- Tell you what you should do
- Encourage you to make a particular decision



Independent Advocacy
Perth & Kinross

Carers Advocacy

What is a carer?

A carer is any person who provides a substantial amount of care and support to somebody on a regular basis, who without it could not cope.

The term 'carer' refers to those who do so on an unpaid basis.

What kind of issues do carers have?

- Concerns about finance and claiming benefits
- Needing a break/respite from caring
- Feeling intimidated or overwhelmed at times
- Social isolation, loneliness
- Effects of caring on their own health
- Juggling caring with other commitments
- Lack of time/energy/sleep as a result of caring

How can advocacy support carers?

- Help to prepare for and attend meetings/speak on your behalf
- Can write letters/make phone calls and source information for you
- Help to identify what options you have and support you in pursuing them
- Make sure that your voice and views are heard
- Treat you as an individual and listen to you