



## Head Office

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## Area Co-ordinators

### **Lochaber**

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### **Inverness & Nairn**

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### **Badenoch & Strathspey**

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### **Ross & Cromarty**

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### **Caithness & Sutherland**

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### **Skye & Lochalsh**

07717 730865

### **Mental Health Advocates**

01463 233460

**Do you  
sometimes find  
it hard to  
speak up?**



**Do you  
feel that  
no-one listens  
to what  
you say?**

## Advocacy is:-

Standing up for  
Sticking with a person  
and  
Taking their side.

## Everyone has a right to:-

- Be listened to and respected.
- Be involved in decisions which affect their lives.
- Contribute to and participate in society.



Advocates in your local area  
provide support to people  
of all ages including  
children :-

People with mental health  
problems including  
dementia

People with Learning  
Disabilities

Frail older people



Would you like  
someone to be .....  
on your side ?

If so, Advocacy Highland  
may be able to help



Advocacy Highland is an  
independent voluntary  
organisation

Advocacy is provided  
free of charge and is  
confidential