

## Area Co-ordinators

For more information, please contact the local co-ordinator in your area:

### Badenoch & Strathspey

07717 704636

### Caithness & Sutherland

07717 704639

### Inverness & Nairn

07717 704636

### Lochaber, Sky & Lochalsh

07717 704635

### Ross & Cromarty

07717 704640

ADVOCACY  
HIGHLAND  
on your side

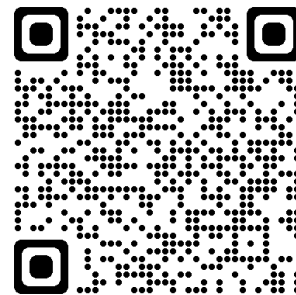
## Advocacy Highland

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Bught Drive  
Inverness  
IV3 5SG

# 01463 233460

[info@advocacy-highland.org.uk](mailto:info@advocacy-highland.org.uk)

[www.advocacy-highland.org.uk](http://www.advocacy-highland.org.uk)



Charity No: SCO35363 Company No: SC265395

# Do you sometimes find it hard to speak up?



# Does it feel like no-one is listening to you?

**Advocacy Highland provides issue-based advocacy under the Mental Health Act.**

### **Advocacy is:**

- Speaking up for and standing alongside people who may not be heard
- Supporting people to express their views and make their own decisions
- Enabling people to make informed choices about their health and social care
- Helping people understand their rights
- Safeguarding vulnerable people
- Ensuring everyone has their rights respected and their views heard

**Advocacy Highland works to Scottish Independent Advocacy Alliance Standards.**

### **Our Independent Advocates will:**

- Phone you or arrange to meet with you to discuss your issue
- Listen to your views and concerns
- Discuss what you would like done or said
- Agree a plan of action

### **Our Advocacy Service is:**

- Independent
- Confidential
- Professional
- Respectful
- Non-Judgemental
- Free of Charge

**Advocacy Highland provides a professional, free and confidential service.**

### **Our Independent Advocates can:**

- Help you find out about your rights and explore your options
- Attend meetings and help you raise any concerns
- Support you to speak with professionals
- Help ensure professionals listen to your views
- Support you at Mental Health Tribunals or other meetings
- Communicate with organisations or professionals on your behalf