

## **Advocacy Co-ordinators**

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

### **Caithness & Sutherland**

07717 704639

### **Inverness, Nairn, Badenoch & Strathspey**

07917 327716

### **Lochaber, Skye & Lochalsh**

07717 704635

### **Ross & Cromarty**

07717 704640

**ADVOCACY  
HIGHLAND**  
— on your side —

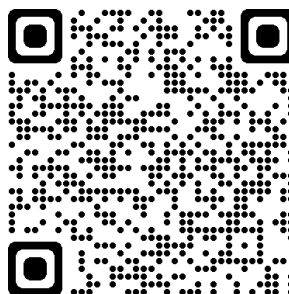
## **Advocacy Highland**

First Floor Offices,  
Inverness Ice Centre,  
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 regarding your care and treatment.**

### **Independent 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 about their future.
- Enabling people to make informed choices about their health and social care.
- Helping people understand their rights.
- Safeguarding vulnerable people.

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

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

- Independent
- Issue-based
- Confidential
- Professional
- Respectful
- Non-Judgmental
- Free of Charge

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

People identified under the Mental Health Act who have:

- mental ill health
- dementia
- learning disabilities or
- autism

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

### **Our Advocacy Workers can:**

- Help you find out about your rights and explore your options.
- Support you at Mental Health Tribunals.
- Attend statutory meetings and help you raise any concerns.
- Support you to speak with professionals.
- Help you to have your views heard and to be involved in decisions about your future care and treatment.