

Head Office

Advocacy Highland
2 Seafield Road
Inverness
IV1 1SG



01463 233460

info@advocacy-highland.org.uk

www.advocacy-highland.org.uk



Area Co-ordinators

Badenoch & Strathspey
07717 704636

Caithness & Sutherland
07717 704639

Inverness & Nairn
07717 704636

Lochaber
07717 704635

Ross & Cromarty
07717 704640

Skye & Lochalsh
07717 730865

Charity No: SC035363
Company No: SC265395

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



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

Advocacy is:-

Speaking Up.

Sticking with a person.

Taking their side to get their voice heard.

Everyone has a right to:-

Be listened to and respected.

Be involved in decisions which affect their lives.

Be part of their community.

Access information.

Explore their options.

Get their views and wishes heard.

Advocates provide support to:-

People with mental health issues, including dementia.

People with learning disabilities.

Frail older people.

People with Autistic Spectrum Disorder (ASD).



Would you like someone to be On Your Side?

Advocacy Highland may be able to help you with many issues, for example:-

Housing

Mental Health Tribunals

Support Issues

Adult Support & Protection

Guardianship

Advocacy Highland is an **independent** voluntary organisation.

Advocacy is **free** and **confidential**.