

In Scotland, everyone who has experienced mental health difficulties has a right to access independent advocacy.

CAPS Individual Advocacy works with people from East Lothian & Midlothian living in the community or who are in the Royal Edinburgh Hospital.

Our advocacy workers can support you to:

- make an Advance Statement
- arrange a Named Person
- contact and work with a solicitor
- prepare for and go to a Mental Health Tribunal
- Deal with welfare reform issues

To contact CAPS Individual Advocacy

**phone:**  
0131 273 5118

**e-mail:**  
advocate@capsadvocacy.org

**website:**  
www.capsadvocacy.org

**fax:**  
0131 273 5117

**write to:**  
CAPS Independent Advocacy  
Old Stables  
Eskmills Park  
Station Road  
MUSSELBURGH  
EH21 7PQ

Interpretation is available

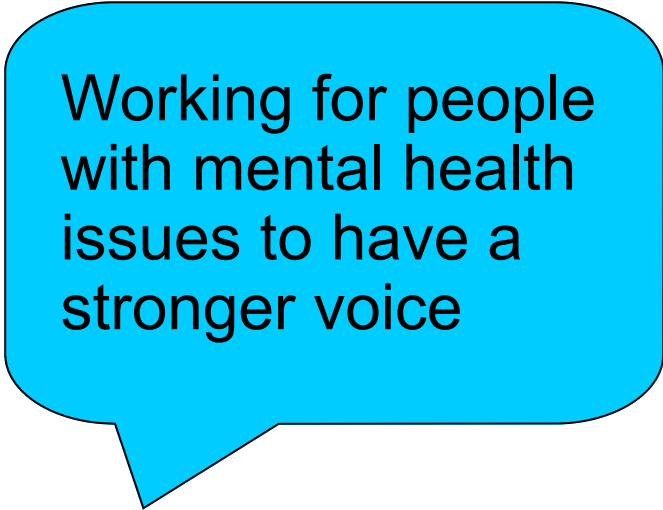
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## Individual Advocacy

### East Lothian & Midlothian



Working for people with mental health issues to have a stronger voice

**CAPS**  
independent  
advocacy

**phone: 0131 273 5118**  
email: advocate@capsadvocacy.org  
web: www.capsadvocacy.org

## INDEPENDENCE

We are set up to be independent of services provided by health, the council and the voluntary sector.

We provide individual advocacy for people aged 18—65 using mental health services in East Lothian and Midlothian.

Our service is free of charge and provided by trained advocacy workers and volunteers.

We can arrange for one of our advocates to meet with you when and where it suits you both.

We can help you to deal with all sorts of issues relating to your mental health, such as housing, employment and services you use or would like to use.

## SUPPORT

Sometimes:

- you can feel overwhelmed by a situation
- people are not taking the time to explain things properly
- people are not listening to what you say
- people have decided that you are not able to make decisions, and make them for you
- professionals use words you don't understand

CAPS individual advocacy can support you to make your own choices and access services, but we do not give advice or act as counsellors or befrienders.

## ADVOCATES CAN HELP YOU

- to have your say
- to get the information you need to understand and make decisions
- to challenge decisions you don't agree with
- in situations when you are vulnerable
- to safeguard your rights
- by supporting you to prepare for meetings
- by going with you to appointments
- by talking to you about what has been decided