



Open to members of the LGBTQI+ community, living in Edinburgh.

Ethnic Minority Advocacy



Open to people from ethnic minority backgrounds, living in Edinburgh.

Both these projects offer a safe space to explore shared mental health issues, to campaign and influence the agendas and decisions that affect our lives. A collective voice is stronger and harder to ignore.

Contact Mohasin@capsadvocacy.org

The Peer Forum

People working or volunteering in Peer roles in Edinburgh come together to share their experiences. They identify what needs to be done to raise the profile and understanding of their roles and Peer working in general.

To join this forum contact:
Madhu@capsadvocacy.org



CAPS Independent Advocacy
Old Stables
Eskmills Park,
Station Road
Musselburgh
EH21 7PQ

If you would like more information about any of the work CAPS does please contact us by:

Phone : 0131 273 5116
E-mail:contact@capsadvocacy.org

Web: www.capsadvocacy.org
[twitter@capsadvocacy](https://twitter.com/capsadvocacy)
www.facebook.com/CAPSIndependentAdvocacy

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CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation.
Scottish Charity number: SC021772



collective



Advocacy

CAPS EXPERIENCE LED PROJECTS

Oor Mad History

We're a community history project. Set up in 2008, our aim is to reclaim and promote the history of activism and collective advocacy by people with mental health issues.

Contact: lindsay@capsadvocacy.org



SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL

Arts as Advocacy

CAPS assists people to express their mental

health experiences using a variety of creative methods. We host the **Out Of Sight Out Of Mind** exhibition in

Edinburgh in October at Summerhall each year.

Contact pam@capsadvocacy.org.

Lothian Voices

People who use mental health services from across Lothian come together to discuss how these services could be improved. We hold an annual event called the People's Conference and contribute ideas to the Mental Health Cross Party Group.

Contact ele@capsadvocacy.org.



'Seen But Not Heard' is a collective advocacy group of people with lived experience of eating disorders. They made a film - "Spilling the Beans" which focuses on the experiences of young people and use it in awareness raising sessions to aid discussion. They are now researching what it's like for men with eating disorders. Contact iona@capsadvocacy.org



Experiences of Trauma brings together people who have experienced trauma to give them a collective voice and bring about change. Currently they are focussing on Adverse Childhood Experiences and are designing experience led training sessions. Contact ele@capsadvocacy.org



LEARN You could use your mental health experience to volunteer with CAPS to raise awareness and increase understanding of students and health and social care workers through experience led education sessions.

Contact Anne@capsadvocacy.org



Experiences of Psychosis Project

We are a group of people who have experience of psychosis. We come together and try to make changes in the way we are treated and the services that are available. If you have similar experiences and would like to join in with this project please contact dave@capsadvocacy.org.

Much More Than a Label

was set up by people with lived experience of Personality Disorder to work together to create change and have a more powerful voice. We created a toolkit to educate and inform professionals about Personality Disorder. Now we are finalising a booklet for people about living with this diagnosis. We also offer awareness raising sessions to the public and students.

Contact dave@capsadvocacy.org

