

"It was good just to have someone next to you and to know if you get mixed up they were there to help you"

How we work

We are independent of all other services such as health, the council and the voluntary sector.

This means we are there just to be on your side.

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

We will not pass on anything you tell us without your permission, unless you or someone else is at risk of harm.

To contact the CAPS Individual Advocacy team:



phone us:
0131 273 5118

email us:
advocate@capsadvocacy.org

website:
www.capsadvocacy.org

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

CAPS Individual Advocacy is funded by East Lothian and Midlothian Health & Social Care Partnerships, MELDAP, and the East Lothian and Midlothian Communities Mental Health & Wellbeing Funds

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CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation.

CAPS

Independent Advocacy

Individual Advocacy

East Lothian & Midlothian

A stronger voice for people with mental health issues or who use drugs or alcohol

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

In Scotland, everyone experiencing a mental health issue has the right to access independent advocacy.

“Helped support me through actions and processes I would not choose to undertake on my own”

CAPS Individual Advocacy works with people:

- who are East Lothian or Midlothian residents, either living in the community or in the Royal Edinburgh Hospital
- aged between 16 - 65
- and who are experiencing a mental health issue, or
- who need support to get their voice heard because of drug or alcohol use

We also provide individual advocacy to children and young people attending a Children’s Hearing.

Sometimes it can feel hard to speak up or explain everything you want to say. It can be hard to take in lots of complicated information in meetings. You may feel overwhelmed, rushed or not listened to.

CAPS Individual Advocacy can support you to:

- Prepare for and attend meetings
- Have your say
- Get information you need to help you make your own choices and understand your options

We don’t:

- Tell you what to do or take anybody else’s side except yours
- Give advice or legal representation
- Act as counsellors or befrienders
- Act as an impartial witness

We are not part of other services:



Some examples of things we can assist with are:

- Mental Health Tribunals
- Benefits Assessments
- Social Work meetings
- Speaking to your doctor
- Getting advice when you need it e.g. Citizen’s Advice or solicitor

“So glad they are there to help as it makes you feel supported and a bit more confident”