

CAPS is...

*Independent:
we are there just to be
on your side*

**Free of
charge**

Confidential:
*we will not pass on
anything you tell us without
your permission, unless you or
someone else is at risk of harm*

*"[My advocacy worker]
could speak for me when
I couldn't find the words. I
felt more secure."*

Call, email or write to us:

📞 0131 273 5118

advocate@capsadvocacy.org

www.capsadvocacy.org

CAPS Independent Advocacy

Old Stables

Eskmills Park

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Revised November 2022

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

CAPS

Independent Advocacy

Individual Advocacy

Your voice matters!

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

CAPS Individual Advocacy works with people:

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

"I felt I had a voice and was no longer alone."

Sometimes it can feel hard to speak up or explain everything you want to say. You may feel overwhelmed, rushed or not listened to.

CAPS can support you to have **your** say in meetings and make your own choices.

Some examples of things we can assist with are:

- Mental Health Tribunals
- Benefits assessments
- Social Work meetings
- Speaking to your doctor
- Speaking up about Housing issues

We don't **tell you what to do** or **take anyone else's side** but yours.

We're not counsellors or befrienders and we don't give advice or legal representation.

We are not part of other services – just there for you:



CAPS Individual Advocacy is funded by East Lothian and Midlothian Health & Social Care Partnerships, MELDAP, The Robertson Trust and the East Lothian and Midlothian Communities Mental Health & Wellbeing funds.