

CAPS

Independent Advocacy



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@CAPSIndependentAdvocacy



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Get involved!

phone: 0131 273 5116

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www.capsadvocacy.org

CAPS Independent Advocacy

Norton Park Centre

57 Albion Rd, Edinburgh EH7 5QY

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

East Lothian and Midlothian Mental Health Collective Advocacy

Helping you have a stronger voice!

CAPS

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Do you live in East Lothian or Midlothian?

Do you have experience of mental health issues?

Get involved in this collective advocacy project!

What is collective advocacy?

Collective advocacy creates space for people to get together, express views and consider ways to make change. People unite to campaign and have an influence on topics that affect their everyday lives.

Independent advocacy is about people having the right to a voice: addressing barriers and imbalances of power and ensuring that human rights are recognised, respected, and secured.

“People are less likely to listen if it's just one person saying something, than if a group of people with similar issues come together.”

The **benefits of Collective advocacy** include:

- Sharing your experiences and opinions helping you to have your voice heard.
- Building skills and understanding your rights.
- Meeting likeminded people

Visit our website
capsadvocacy.org or email
collective@capsadvocacy.org
or call 0131 273 5116

or scan the QR code

