

CAPS

Independent Advocacy



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Get involved! Contact:

0131 273 5116

collective@capsadvocacy.org

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

Collective Advocacy for People from Ethnic Minority Backgrounds

Helping you have a stronger voice!

CAPS



Minority Ethnic Advocacy

Are you from an ethnic minority background?

- Do you live in Edinburgh?
- Have you used mental health services and/or have lived experience of mental health issues?
- Do you want to share experiences with others like you and work together to have your say about mental health services?

Get in touch with collective@capsadvocacy.org

Collective advocacy creates a safe space for people to get together, support each other to explore shared issues and to find common ground. It supports people to speak up about their experiences, values, and expectations. It enables people to find a stronger voice, to campaign and influence the agendas and decisions that shape and affect their lives.

“Just knowing you're not alone in experiencing or saying these things makes a huge difference .”

People from ethnic minority backgrounds have their own unique experiences in the mental health system and have additional barriers and needs when it comes to accessing services and gaining support for their mental health. We need to address these barriers and talk about our own experiences so that we can improve access to services and dismantle the stigma in our communities. Collective advocacy is completely free of charge.

“I am very keen to challenge the powers that be.”

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

scan the QR code

