

CAPS

Independent Advocacy



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Get involved! Contact Ellis

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CAPS Independent Advocacy is a Scottish
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LGBTQIA+ Mental Health

Collective Advocacy Project

Helping you have a stronger voice!

CAPS
LGBTQI+ Advocacy

What is Collective Advocacy?

Collective Advocacy is when people who have common experiences come together to speak up about the shared issues and inequalities that they face. It enables people to find a stronger voice, to campaign and to influence the agendas and decisions that affect their lives.

Who is this group for?

This group is for **anyone** living in Edinburgh, who has lived experience of a mental health issue and who identifies with being part of the LGBTQIA+



community. We recognise the nuanced issues within our community and aim to create a safe space for people from all backgrounds.

What does Collective Advocacy involve?

Collective Advocacy involves meeting as a group to discuss shared issues and priorities in order to find solutions and areas where we can influence change.

We aim to meet every 2-3 weeks, with a mix of online, in-person and hybrid meeting as well as other activities such as delivery of training.

However, you have freedom over your involvement and there is no formal commitment required.

What the group has done so far



We have worked with LGBT Health and Wellbeing to refresh their LGBT+ Mental Health Audit tool, and created 2 resources on Spotting and Discrimination, and Intersectionality in mental health services.

These resources were created to help professionals to improve their LGBTQIA+ inclusive practice

We have delivered workshops to professionals on how to use the tool and why it is important to use, sharing our personal experiences of being LGBTQIA+ and having a mental health issue.

Future plans

The group are planning to create more opportunities for people to come together e.g. organising conferences etc.