

Common Questions

Do I have to pay for advocacy?

No. Our independent advocacy support is **free!**


What is independent advocacy?

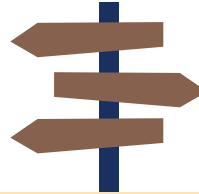
We're **independent** from any other organisation. We're just there to be on **your** side.

Is your service confidential?

Yes. We won't pass on anything you tell us without your permission, unless you or someone else is at risk of harm.



Wondering where to find us? Call, email or write to us today! 



0131 273 5118



advocate@capsadvocacy.org



www.capsadvocacy.org



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

CAPS

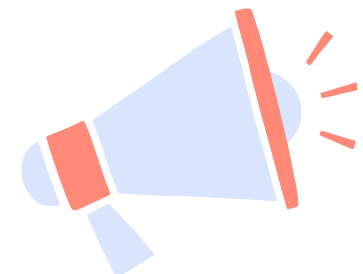


LGBTQIA+ Advocacy

Individual Advocacy



Your voice matters!



**A stronger voice for
people who identify as
LGBTQIA+**

Who do we work with?

CAPS LGBTQIA+ Individual Advocacy works with people:

- Who are Midlothian or East Lothian residents
- Aged between 18-65
- Who identify as part of the **LGBTQIA+** community

Some examples of things we can help you with are:

- Asking for mental health support
- Talking to your doctor about gender-affirming health care
- Speaking up about housing issues

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

Important Statistics

18% of LGBT people have experienced homelessness at some point in their lives (Stonewall, 2018).

24% of LGBT people have faced discrimination in healthcare settings (Stonewall, 2019)

Bachmann, C.L. and Gooch, B. (2018) *LGBT in Britain - Home and Communities*. rep. Stonewall. Available at: <https://www.stonewall.org.uk/lgbt-britain-home-and-communities> (Accessed: 19 May 2023).

Bachmann, C.L. and Gooch, B. (2019) *LGBT in Scotland - Health Report*. rep. Stonewall. Available at: <https://www.stonewallscotland.org.uk/our-work/stonewall-research/lgbt-scotland-%E2%80%93-health-report> (Accessed: 19 May 2023).

We don't tell you what to do or follow anyone's instruction but yours.

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

We're not part of other services - just there for **you**

