

Are you between
5 and 18 years old?

Do you live in
**Edinburgh or
Lothians?**

Are you experiencing
an **eating disorder**,
or think that you
might be?

Then you can
have an
Advocacy Worker
to support you



Call the Children and Young
People's Advocacy Team:
0131 273 5236



Email us:
ypadvocacy@capsadvocacy.org

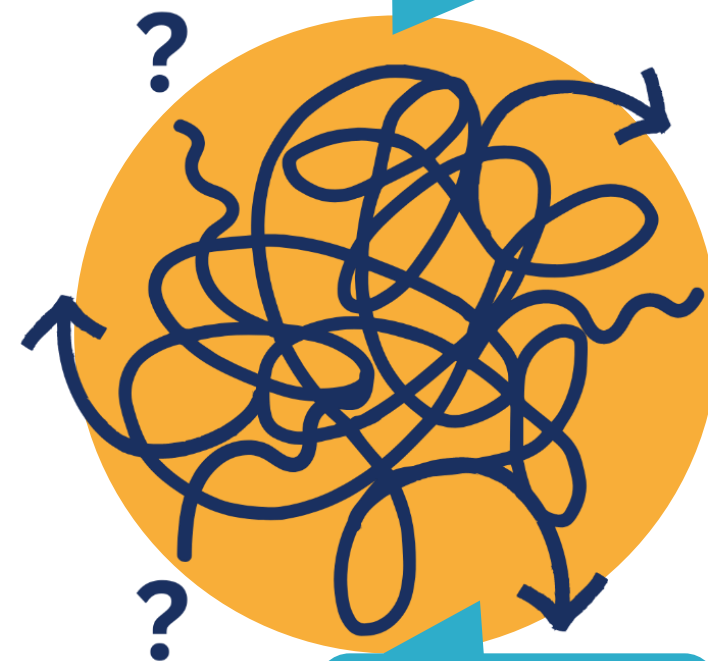


Our office:
CAPS Independent Advocacy,
Old Stables, Eskmills Park,
Station Road, Musselburgh, EH21
7PQ



Find out more about CAPS
Independent Advocacy:
www.capsadvocacy.org

Are you experiencing
an eating disorder?



You can have an
advocacy worker
by your side

We **only**
work for you

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

Advocacy is about **making your voice louder!**

We can help you have as much choice and control as possible.



"When I was working with [my advocacy worker] it was quite helpful because she explained stuff to me if I didn't understand it, so that was good."

"She was very good at listening, she didn't try to make what you said into what she wanted, she just listened to me."

An Advocacy Worker can help you to:



Say how you feel and what you want



Ask questions and understand what is happening



Understand your rights

We will:



Treat you kindly



Listen to you



Be on your side



Only do what you ask us to do

How we work

We work in a way that suits you! We can meet you in person, chat on the phone or a video call, text you or message you on WhatsApp.

Referrals

We can take a referral from anyone – as long as they have your permission to contact us. You can also refer yourself if you want to.

Visit our website  www.capsadvocacy.org

Email us at  ypadvocacy@capsadvocacy.org

Call us on **0131 273 5236** 