

Ethnic Minority Collective Advocacy

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Get involved! Contact Eilil
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CAPS Independent Advocacy

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

**A Collective Advocacy
project for people who
have experience of
mental health issues and
are 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 elil@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 elil@capsadvocacy.org
or call 07971 951 520

Scan the QR code

