

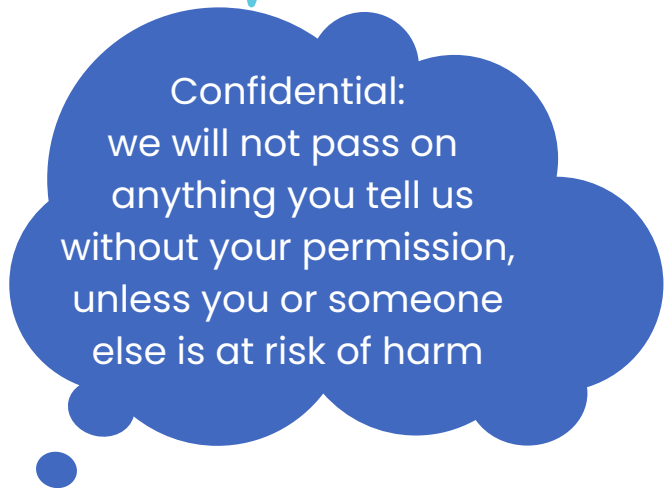
CAPS is...



Independent: we
are there just to be
on your side



Free of
charge



Confidential:
we will not pass on
anything you tell us
without your permission,
unless you or someone
else is at risk of harm



"[My advocacy worker]
could speak for me when
I couldn't find the words. I
felt more secure."

Call, email or write to us:

0131 273 5118

advocate@capsadvocacy.org

www.capsadvocacy.org

CAPS Independent Advocacy

Old Stables

Eskmills Park

Station Road

MUSSELBURGH

EH21 7PQ

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CAPS Independent Advocacy is a Scottish
Charitable Incorporated Organisation.

Scottish Charity number: SC021772

CAPS

Independent Advocacy

Individual Advocacy



Your voice matters

A stronger voice for people
with **mental health issues**
or who use **drugs or alcohol**

East Lothian

CAPS Individual Advocacy works with people:

- Who are East Lothian residents (either in the community or in hospital)
- Aged between 16 – 65 and are experiencing a mental health issue, or
- Aged 18+ who need support to get their voice heard because of drug or alcohol use



Sometimes it can feel hard to speak up or explain everything you want to say. You may feel overwhelmed, rushed or not listened to.

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

Some examples of things we can assist with are:

- Mental Health Tribunals
- Benefits assessments
- Social Work meetings
- Speaking to your doctor
- Speaking up about Housing issues

We don't tell you what to do or take anyone else's side but yours.

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

We are not part of other services – just there for you:



CAPS Individual Advocacy in East Lothian is funded by East Lothian Health & Social Care Partnership, MELDAP, The Robertson Trust.