A large teal speech bubble with a white tail pointing towards the bottom right.

**Do you
need help
speaking up
for yourself?**

A large pink speech bubble with a white tail pointing towards the bottom left.

**We can
help you.**

**Contact the
Independent
Advocacy Hub
for Teesside.**

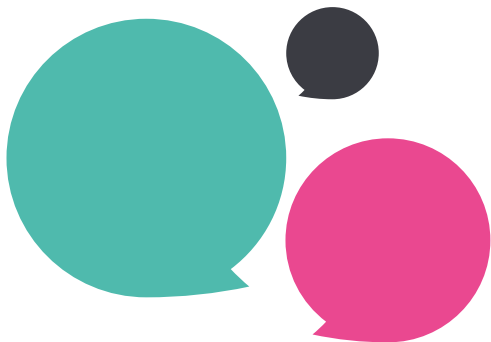
What is independent advocacy?

Independent advocacy is support to help people speak up for themselves.

We can help you:

- Understand information
- Support through processes
- Explore your options, rights and choices
- Tell people what is important to you
- Access other services which can help you

Independent Advocacy is **free and confidential**. Independent Advocacy is provided by organisations that are completely independent of health and social care services.



Different types of independent advocacy.

Care Act Advocacy

This advocacy supports people to be involved in care and support needs assessments, reviews and safeguarding enquiries. This advocacy is for people who have care and support needs and their carers.

Independent Mental Capacity Advocacy

This advocacy supports people who have been assessed as lacking capacity to make important decisions about moving home or serious medical treatment when they have no family or friends who can help.

Independent Mental Health Advocacy

This advocacy supports people who are detained under sections of the Mental Health Act. Advocates can support people to understand their rights under the Act.

Deprivation of Liberty Advocacy

This advocacy supports people who are in a care home or hospital and their care arrangements amount to a deprivation of their liberty. Advocates can also help relatives of people who are being deprived of their liberty.

General Advocacy

This advocacy supports people who use health and social care services and their carers or those who need advocacy support for any issue. For example, advocates can help parents through the child protection process.

Please note: we do not offer benefits advice but we can help find organisations that can help.

How to get help.

If you would like to make a request or referral for independent advocacy support please contact us online or by phone.

0300 303 8037

wearepeoplefirst.co.uk

Please note: We only accept professional referrals via our online referral form.

