

## How can advocacy help?

We provide free, confidential and independent advocacy.

This can help you by:

- ✓ Representing your views about your treatment
- ✓ Providing legal advice with regard to the Mental Health Act
- ✓ Helping with access to other legal advice
- ✓ Helping with access to independent information on treatment.

The advocate will visit wards at Callington Road and Southmead on a weekly basis.

**In-patient Advocacy Service  
Bristol Mind Advocacy Services  
35 Old Market Street  
Bristol BS2 0EZ  
Tel: 0117 980 0375  
Email: [paul@bristolmind.org.uk](mailto:paul@bristolmind.org.uk)  
Website: [www.bristolmind.org.uk](http://www.bristolmind.org.uk)**

**For information on other Bristol  
Mind services call 0117 980 0370**

**Bristol Mind**

# In-patient Advocacy Services

**at Southmead Hospital  
and Callington Road Hospital**

Tel: 0117 980 0375  
(In-patient Advocacy)

## What is advocacy?

It can be hard to tell people if you are concerned about your treatment while you are in hospital or while using any other service.

An advocate can help you to:

- ✓ Be included in the decision making process
- ✓ Challenge assumptions
- ✓ Be treated with respect and as an equal

Advocacy can help you by offering information, support and advice. We can advise you about your rights. We can represent you, assist in making complaints, and if you are being kept in hospital under the Mental Health Act we can help you appeal.

## Bristol Mind Advocacy Services are:

- ✓ **Independent** - We are not part of the Mental Health Trust or Health and Social Care.
- ✓ **Confidential** - we do not normally share information with other agencies without your permission. The exception to this is if you or someone else is at risk.
- ✓ **Empowering** - we do not make judgements about your choices, but we can help you understand your options and help you say what you want to service providers.
- ✓ **Free** - we do not charge for services. We are independently funded to provide advocacy to service users at **Southmead Hospital** and **Callington Road**.

## So how does advocacy work?

### Advocates will:

- ✓ **Be there to listen.** You can talk things through confidentially and Advocates can also help you get other people to listen too.
- ✓ **Offer support/representation at meetings** like ward rounds and care planning meetings, Mental Health Review Tribunals or Managers Hearings.
- ✓ **Help access other services and advice** such as solicitors.
- ✓ **Provide independent information about your rights** while in hospital.
- ✓ **Offer guidance and support about formal processes** such as complaints procedures.