

Sources of useful information

Wellaware

For information on other advocacy services, or health and community resources locally (and nationally), see www.wellaware.org.uk, or Tel. Freephone 0808 808 5252.

Concerns about a local mental health NHS Service

Contact PALS (Patients Advisory Liaison Scheme) on 01249 468261, email pals@awp.nhs.uk

Concerns and complaints about Health and Social Care (Social Services)

Contact (CPA) Complaints Procedure Advocacy provided by the Care Forum. Tel. 0117 965 4444, or email cpa@thecareforum.org.uk. More information on www.thecareforum.org/advocacy_services.

National Mind

For mental health related issues, see www.mind.org.uk, and MindinfoLine on 0845 766 0163.

Bristol Mind Signposting

For information about local mental health services, groups and resources, call 0117 980 0370, or email admin@bristolmind.org.uk.

Outreach Advocacy

Telephone: 0117 980 0376

please note the office is staffed part-time

Community Outreach Advocacy Service Bristol Mind Outreach Advocacy

35 Old Market Street

Bristol BS2 0EZ

Admin: 0117 980 0376

Fax: 0117 929 7644

Email: advocacy@bristolmind.org.uk

or admin@bristolmind.org.uk

Website: www.bristolmind.org.uk

For information on other Bristol Mind services call 0117 980 0370

Bristol Mind

Community Outreach Advocacy Service

One-to-one advocacy for people with mental health difficulties living in the community

Drop-in sessions open to all, in Bedminster & Old Market

What is Advocacy?

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need.

We can offer you:

- Someone to work with you and be on your side, to help you to speak up for yourself
- Someone to give information about your rights and help you decide what you want

We can help you with:

- Accessing services & support that you need
- Making phone calls
- Writing letters
- Accompany you to meetings and appointments
- Making complaints

The Community Outreach Advocacy Service is...

- Free
- Independent
- Confidential

Our advocates are...

- Fully trained volunteers
- Friendly & understanding
- People who have experience / understanding of mental health issues and who are concerned about the rights of people who experience mental and emotional distress

Drop-in details

Bedminster

Every Wed, 2 - 4pm at
Windmill Hill City Farm
Phillip Street, Bedminster
Bristol BS3 4EA

Old Market

Every Tue, 11 - 2pm at
Bristol Mind Office
35 Old Market St
Bristol BS2 0EZ
Tel: 0117 980 0376



mind