

Sources of Useful Information

Wellaware

For information on other advocacy services, or health and community resources locally (and nationally).

web: www.wellaware.org.uk

tel: (freephone) 0800 808 5252

Concerns about a local mental health NHS Service

Contact PALS (Patients Advisory Liaison Scheme).

tel: 01225 362 900

email: awp.pals@nhs.net

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

Contact CPA (Complaints Procedure Advocacy) provided by the Care Forum.

tel: 0117 965 4444

email: cpa@thecareforum.org.uk

web: www.thecareforum.org/advocacy

Mind (National Information)

For mental health related information and issues.

web: www.mind.org.uk

tel: Mind InfoLine, 0845 765 0163

Bristol Mind Information & Signposting

For information about local mental health services, groups, and resources.

tel: 0117 980 0370 (Mon - Thu, 10:30 - 15:00)

email: info@bristolmind.org.uk

web: www.bristolmind.org.uk/advice-resources/

Outreach Advocacy

tel: 0117 980 0376

Please note the office is staffed part-time, and that this service is only available to those living within the Bristol City Council area.

Community Outreach Advocacy Service Bristol Mind

35 Old Market Street

Bristol BS2 0EZ

email: advocacy@bristolmind.org.uk

text: 07497 744 531

details of our drop-in times are inside this leaflet.

For information on other Bristol Mind services, call our admin office:

tel: 0117 980 0370

email: admin@bristolmind.org.uk

web: www.bristolmind.org.uk

Reg. Charity No. 1085171 / Reg. Company No: 4124744

10/2019

Community Outreach Advocacy Service

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

This service is open to all people over 18 living within the boundaries of Bristol city.



Bristol Mind

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 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
- Making Complaints

We can also accompany you to meetings and appointments.

The Community Outreach Advocacy Service is Free, Independent, and Confidential.



Our advocates are:

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



Drop-in Sessions

Often the quickest way to see an advocate is to come to one of our weekly Drop-in Sessions:

Bedminster

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

Old Market

Every Tuesday, 11am - 1:30pm
Bristol Mind Office
35 Old Market Street
Bristol BS2 0EZ

Other ways to access the service

If you're not able to come to a Drop-in Session, you can still make an appointment by telephone, email, or text.

tel: 0117 980 0376

text: 07497 744 531

email: advocacy@bristolmind.org.uk