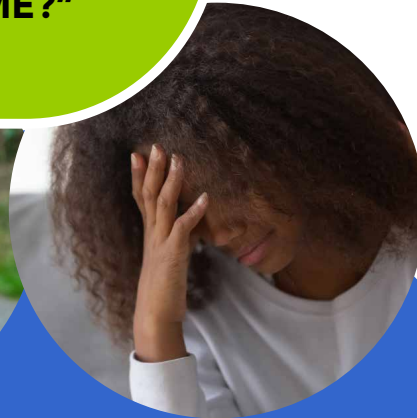




## **Building Community Advocacy FCAMHS at Ardenleigh**

**"What is  
Advocacy and  
how can it help  
ME?"**



**FREE & CONFIDENTIAL SERVICE**

Coming onto a FCAMHS unit can be a very daunting experience and you may feel that you would benefit from having someone totally independent to the hospital to talk to and support you during your stay.

The law states you have the right to access specialist independent advocacy during your time in hospital, to be able to talk to someone who can help you speak out about any issues that may be concerning you, these might include:

- your Section under the Mental Health Act
- how long your stay will be
- medication
- visiting
- finding a legal team of your choice.

**The law says that Independent Advocates  
must be completely independent of the hospital.  
Our sole responsibility is you.**

## **Confidentiality**


All conversations between you and your advocate are kept strictly confidential. Your advocate will not disclose any information about you unless you have indicated there is a risk to either yourself or someone else's safety.

## **Your Advocate will help you understand:**

- your rights under the Mental Health Act
- the rights of your nearest relative in relation to you
- your Section and any conditions or restrictions which apply to you
- any medical treatment you may already be receiving or about to receive and the reasons for that treatment.

## **Your Advocate can help you to:**

- express your views / make a complaint
- access impartial information and services
- Explore choices and options
- Support you at meetings
- Be respected and listened to



*"As advocates we are here to support you and no-one else, we are completely independent from the NHS and other services."*

**Advocates name**

**Telephone number**

**Email address**

If you would like to make a comment, compliment or complaint about the advocacy service, write to us at the address below:

**Building Community Advocacy**

C/O The Deaf Cultural Centre  
Ladywood Road,  
Birmingham,  
B16 8SZ.

**Tel:** 0121 246 6100

**Email:** [Laura.Morris@bcadvocacy.org](mailto:Laura.Morris@bcadvocacy.org)

**BCA is part of BID services, a charity promoting choice and independence.**

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