

Advocacy for All

Advocacy For All supports people over 18 with mild/moderate mental health issues to find the right support and have their voice heard



The Advocacy for All service will provide:

- An opportunity to discuss options and rights around issues that are impacting your mental health with a trained Mental Health Advocate
- Empower you to understand what choices are available to resolve issues impacting your mental health
- Information and signposting in relation to mental health support in your local area, and support you to access these services
- Support you to become more confident to speak up for yourself in relation to your mental health/wellbeing
- Access to i-Connect a unique digital wellbeing platform enabling you to monitor and improve your mental health and wellbeing
- Opportunities to engage in training to develop self-advocacy skills

Telephone – 0808 189 0036

Web chat – www.inspirewellbeing.org

Email – hello@inspirewellbeing.org

Availability:

Monday – Friday 10:00am – 4:00pm

This is a free and confidential service

Funded by the Department of Health's Mental Health Support Fund administered by the Community foundation for Northern Ireland

The advocacy for all service will not:

- Provide counselling or befriending
- Give any legal or benefit advice
- Make any decisions for you
- Tell you what to do

For more information on our Advocacy Service, visit www.inspirewellbeing.org/advocacy-for-all

