

# Community Mental Health Advocacy in Birmingham



**We offer free, confidential and independent advocacy services to help people understand their rights, be treated equally and be heard.**

# Community Mental Health Advocacy

**This service is for people who live in Birmingham and are accessing adult mental health services from mental health teams and organisations in Birmingham. This service is also for people who wish to access or are in the process of accessing these services.**

This service is for people who need support to deal with an issue they are facing.

You can use this service if you:

- Are finding it difficult to put your views across or don't feel you are being listened to
- Are in a situation where you feel vulnerable or that you could be at risk of abuse
- Need help to access services relating to your health, lifestyle, or independence
- Are struggling with an issue and feel you would benefit from some support

**Our independent advocates can help you understand your rights and choices and help you to get your voice heard.**

**Our advocates provide an issue based advocacy service encouraging a culture of independence and encouraging you to express your own views.**

**Our advocates may signpost you to another service if appropriate to ensure your individual needs are met.**

# Information, Advice and Advocacy Support Centre

**Our Support Centre is open every working day, providing telephone information, advice and support to access a wide range of services.**

We work with you to understand your needs and provide information and advice in the right format for you.

This service is available to anyone who needs information, advice, signposting to other services or a referral to one of our advocacy services.



**Our service is free, confidential  
and independent.**

**For more information, please call us on**

**0300 456 2370**

**or see the back of this leaflet for all the ways you  
can contact us.**

# How to contact us:



telephone - 0300 456 2370 (charged at local rate)



minicom - 0300 456 2364



text - send the word 'pohwer' with your name and number to 81025



email - [pohwer@pohwer.net](mailto:pohwer@pohwer.net)



Skype - [pohwer.advocacy](https://www.skype.com/pohwer/advocacy)  
(8am to 6pm Monday to Friday)



fax - 0300 456 2365



post - PO Box 14043, Birmingham, B6 9BL

website - [www.pohwer.net](http://www.pohwer.net)



Follow us on Twitter @POhWERadvocacy

## Access to information

- We provide leaflets and information in a variety of languages and formats, Easy Read, audio and DVDs
- We have access to translation and interpreting services
- We use communication toolkits, Makaton and other signing techniques