

هذه المعلومات متوفرة بلغة بريل وعلى شريط وبخط كبير وبلغات الجالية.

الرجاء الاتصال بخدمة الترجمة على الهاتف 01506 280000

এই তথ্য আপনি ব্রেইল, টেপ, বড় অক্ষরে এবং কমিউনিটির বিভিন্ন অঞ্চলেও পাবেন। অনুগ্রহ করে ইন্টারপ্রিটেশন অ্যান্ড ট্রান্সলেশন সার্ভিসের সঙ্গে যোগাযোগ করুন। টেলি: 01506 280000

這份資料是可以凸字、錄音帶、大字印刷及社區語言的式本提供。請聯絡傳譯及翻譯服務部，電話：01506 280000

ਇਹ ਜਾਣਕਾਰੀ (ਬ੍ਰੇਲ) ਠੇਕਰੀਨ ਦੇ ਪੜ੍ਹਣ ਵਾਲੀ ਲਿਪੀ, ਟੇਪ, ਵੱਡੇ ਫਿੰਟ ਅਤੇ ਸਮਾਜ ਦੀਆਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਉਪਲਬਧ ਹੈ। ਸ਼ਿਖਾ ਕਰਕੇ ਇੰਟਰਪ੍ਰਿਟੇਸ਼ਨ ਅਤੇ ਟਰਾਂਸਲੇਸ਼ਨ ਸੇਵਾਵਾਂ ਨੂੰ ਇਸ ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕਰੋ: 01506 280000

یہ معلومات بریل (انگریزوں کے رسم الخط)، ٹیپ، بڑے حرف کی عبارت اور کمیونٹی میں بریل جاننے والوں کے ذریعے دستیاب ہے۔ براہ مہربانی انٹریٹنگ اینڈ ٹرانسلیٹنگ سروس سے ٹیلیفون نمبر 01506 280000 پر رابطہ قائم کریں۔

Informacje te mogą być przelozone na jezyk Braille'a, dostepne na tasmie magnetofonowej lub wydane duzym drukiem oraz przetlumaczone na jezyki mniejszosci narodowych.

Prosimy o kontakt z Uslugami Tlumaczeniowymi pod numerem 01506 280000

Information is available in braille, tape, large print and community languages. Contact the interpretation and translation service on 01506 280000.

Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is 18001 01506 464427. A loop system is also available in all offices.

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To make a referral to MHAP or for further information please contact:

**Mental Health Advocacy Project (West Lothian) SCIO**

Mental Health Resource Centre  
Strathbrock Partnership Centre  
189a West Main Street  
BROXBURN  
West Lothian  
EH52 5LH

Telephone: 01506 857230  
Fax: 01506 852954  
Email: admin@mhap.org.uk  
Website: www.mhapwl.org

**Office Hours:**

Mon - Thurs: 9am-5pm  
Friday: 9am-3pm

**MHAP Team:**

Kathy Hamilton:	Co-ordinator
Julia McCafferty:	Senior Worker
Karen Campbell:	Senior Worker
Hazel Gowrie:	Project Worker
Jenny Cole:	Project Worker
Evelyn Cook:	Project Worker
Andy Logan:	Project Worker
Fiona Angus:	Administrator

MHAP (West Lothian) SCIO is funded by NHS Lothian and West Lothian Council

**Are you accessing mental health services in West Lothian?**

Find out how advocacy may be able to help.



...Services for you, influenced by you...

### **What is Advocacy?**

Advocacy is helping people to speak up for themselves. Speaking on their behalf with their permission, or helping groups speak up about issues which concern them.

### **Why would I need Advocacy?**

You may need advocacy:

- To help you speak to professionals such as Doctors, Nurses, Lawyers, Social Workers, etc...
- For support in meetings
- To help you with written communications
- To help you locate information or services

### **Who can ask for Advocacy?**

Anyone who has or has had a mental health problem and who lives in or is receiving treatment in West Lothian.

### **How to make a referral:**

Please contact MHAP by telephone, email, letter or in person. We accept self-referrals or you may ask a family member/worker/friend to refer you on your behalf.

### **We can help people with:**

- The Mental Health Act
- The Adult with Incapacity Act
- The Adult Support & Protection Act
- Care and Treatment issues
- Housing issues
- Family issues
- Benefits and Finance issues
- Self Directed Support issues
- Criminal issues

### **About MHAP**

We offer professional advocacy services for people accessing or trying to access mental health services in West Lothian.

Our service is independent and not connected with providers of other services or carers. This means that we can act on your behalf in a way which is completely free from conflict with any other agency or service.

Our project is service user led and our volunteers help us to provide a wide range of advocacy services. Our service is confidential and free.

### **Our aims are:**

To empower people accessing our service to become involved in decisions about their care and treatment.

- To help to protect your rights
- To offer a friendly and accessible service
- To value and respect service users

### **Individual Advocacy:**

- Information, support and speaking on behalf of people
- Helping people to help themselves
- Helping people in a crisis situation

### **Collective Advocacy:**

- Help people in groups to join together to discuss issues, take views forward to influence change.
- We also co-ordinate and support West Lothian Users' Forum and West Lothian Reps' Group.

### **MHAP Mission Statement**

We aim to provide you with the opportunity to take control over your own life by helping you to exercise choice based on your needs and wishes and have your views heard.