Mental Health Advocacy Project
(West Lothian) SCIO
Mental Health Resource Centre
Strathbrock Partnership Centre
189a West Main Street
BROXBURN
EH52 5LH

Phone: 01506 857230
Email: admin@mhap.org.uk
Website: www.mhapwl.org

OSCR
Scottish Charity Regulator
www.oscr.org.uk
Registered Charity
SC011560

We are a full member of the Scottish Independent Advocacy Alliance.

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

Are you providing

UNPAID CARE

FOR A RELATIVE OR FRIEND?

If so our advocacy service may be able to

HELP YOU.

mhap
Mental Health Advocacy Project
(West Lothian) SCIO

Services for you, influenced by you

Scottish Charitable Incorporated Organisation Charity No. SC011560

What is Advocacy?

Advocacy is about helping people to speak up for themselves or speaking on their behalf when they feel they are not being heard.

Advocacy is about helping people to access the information they need to be able to make informed choices and decisions and to make views and wishes known.

Advocacy can help you become more aware of your rights, help you to explore your options and help you to influence decisions that are being made about your future and the future of the person you care for.

We provide individual advocacy services for adults who provide unpaid care to a relative or friend in West Lothian.

Our project is independent which means we are not influenced by service providers or other parties. This means we are free to work with you without any conflicts of interest.



Individual Advocacy

Our professional advocacy workers will work with you on a one-to-one basis providing support with your specific issue.

You may feel you need support with:

- Speaking to people involved with the care and treatment of the person you care for such as medical, legal and social work professionals.
- Help to find information about services and how to access them.
- Helping you know your rights and how to access professional advice.
- Helping you to make sure your human rights and those of the person you care for are recognised and respected.

I feel like a weight has been lifted off me since I started working with Advocacy and I am finally being taken seriously.

Advocacy for Unpaid Carers

An unpaid carer is anyone who provides care to a friend, family member or neighbour who may not manage to live independently without this support. This does not include paid care workers or those who are volunteering.

As a carer you may find it difficult to balance your needs with those of the person you care for and to access the support you both need. You may find it difficult to speak up on behalf of the person you care for and trying to get your own views across.

An advocate can:

- Help to ensure a carers rights and those they care for are being upheld.
- Help to get the carers voice heard when dealing with professionals and others
- Help speak on behalf of the carer or support them to have their voice heard, in writing or in person
- Help represent the carer as a distinct voice from the person they are caring for

Some carers, especially the most vulnerable, benefit from independent advocacy support to help them in many different ways, including supporting them in their dealings with health and social care and other professionals.

Caring Together: The Carers Strategy for Scotland 2010 - 2015

Making a Referral

We accept self referrals and referrals from other agencies or services and family and friends. We will always give priority to referrals that involve statutory work.

Data Protection and Confidentiality

Your confidentiality is of fundamental importance and any information you give your advocate remains confidential within our service, with the exception of disclosure that reveals serious harm to yourself or to others.

We run in accordance with the Data Protection Act 1998 (GDPR) which means you have a legal right to see all information we hold about you.

Feedback

We are always looking for ways to improve the service that MHAP provides. If you have worked with or are currently working with our project and wish to provide feedback, please feel free to contact us.