Mental Health Advocacy Project
(West Lothian) SCIO
Mental Health Resource Centre
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OSCR
Scottish Charity Regulator
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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

Do you experience mental health issues?

Do you feel you are not being

LISTENED TO?

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 to have control of their lives.

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.

We provide both individual and collective advocacy services for people aged between 18 and 65, who experience mental health issues and who live in, or are receiving treatment 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.

Listen

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 in your care and treatment 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 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.

Collective Advocacy

Collective advocacy forums offers people with similar experiences the opportunity to come together to discuss issues and take forward views that may influence change. It offers a collective voice that can be stronger and harder to ignore. It can help:

- Enable people to raise awareness and influence service planning and provision from a service user perspective.
- Make use of people's shared experiences so that they can have a more influential collective voice.
- Address difficulties that people are having with their care and treatment.
- Challenge stigma and discrimination.
- Reduce an individual's sense of isolation when raising a difficult issue.

If you are interested in joining a forum please contact us.

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.

Voice