

Your Rights

You have the right to

- be listened to and taken seriously
- say what you think about the things that are happening to you
- personal privacy
- be treated fairly
- be treated as individuals
- say what is good or bad about the service you get. For example, making a complaint
- be treated differently because of your ethnicity, gender, sexuality, religion, language or race
- an education
- access information
- be involved in plans for your care and future
- be safe



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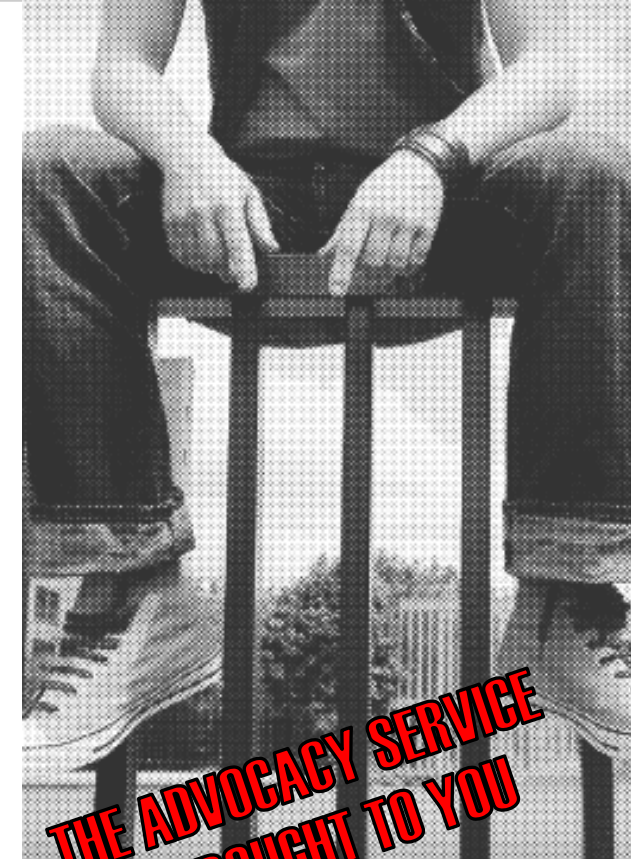
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The network...



For better
mental health



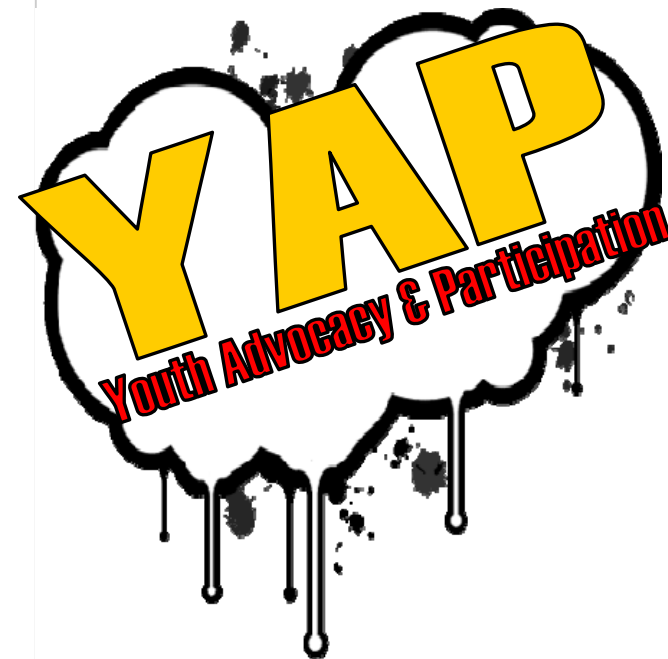
The Funders...



Supported by



North East Essex **NHS**
Primary Care Trust



**YOUTH ADVOCACY
AND PARTICIPATION
CALL**

0800 023 2659



What's an advocate?

An advocate can help you...

- Get your "voice heard"
- Make sure you are fairly treated
- Help you make a complaint
- Go to meetings with you
- Collect information for you
- Be involved in decisions
- Have your say about the services you receive and the way you are treated

An Advocate is there for **YOU**

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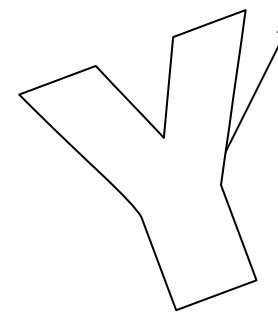


**FREE
PHONE
0800
023 2659**



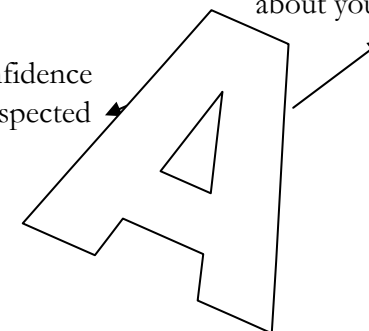
WHAT CAN I EXPECT?

We will work with young people

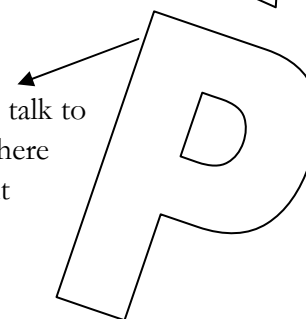


You will be part of decisions made about you

Your confidence will be respected



You can talk to us anywhere you want



We will only share the information you want us to share unless it concerns your safety or the safety of others