

Take me seriously.

When adults are making decisions that affect you, we'll help you be heard



When there are decisions to make about where you live or the care and support you get, an advocate can help make sure that adults ask you what you want and listen to you.

An advocate is an independent professional who is on your side.

An advocate will:

- help you understand what's happening
- help you say what you want and don't want
- explain your options and your rights
- plan with you about what to do next
- come to meetings with you, if you want
- talk to other people for you, if you want
- help you tell other people when things aren't fair

You don't have to pay for an advocate, but there are rules about who can get an advocate and when. If you have a social worker, you may have the right to an advocate.

To check if you can get an advocate, ask your social worker or healthcare professional, or contact us:

info@totalvoicesuffolk.org, 01473 857631 or
Text/SMS 0794 816 0240.

“I feel you and I can do the meeting together. I feel better. You don't push me into choices. I can talk to you.”

Sara, who met with one of our advocates