

We'll make sure you're heard.

Free, independent support for people facing decisions about their health, care and wellbeing

An advocate is an independent professional who is on your side. They can support you to understand your options and say what you want.

You don't have to pay for an advocate but there are rules about who can get an advocate and when.

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

☎ **0300 303 1660 (freephone)**

✉ **helpline@voiceability.org**

🌐 **voiceability.org**

