



# SELF ADVOCACY SKILLS EASY-READ GUIDE

Together for Mental Wellbeing  
52 Walnut Tree Walk  
London SE11 6DN  
Tel: 020 7780 7300



## What is Self Advocacy?

Our Duty Advocate will always speak to you about how you can speak up for yourself.



You are the best person to speak up but you might want some help to know what to say and how to say it.



We will help you to decide what you want to achieve and how to plan tasks to achieve your goal.



We will help you to decide what you will need to write in a letter or an email.



We believe that you are smart and able to get the outcome you need. You can contact us to tell us how you are getting on or if you need help to understand any letters you receive.



We believe that you are able to make phone calls with confidence. We will help you to believe this too.

