

What young people say about mental health advocacy:

'My advocate helped me understand that I could speak to my G.P. in confidence...without my parents knowing.'

'Counselling really helped but the school still didn't really know what to do. My advocate helped get my teacher to understand that it would take more time before I felt ready to join in all the class activities'.

'I couldn't find the words to say how I was feeling. My advocate helped me find other ways like drawing and listening to music to get other people to understand what I was feeling. That really helped my parents to understand what was going on in my head'.

'I didn't know it was OK to feel like this after a car accident.....that it is normal to have these frightening feelings. My advocate got me lots of information about 'emotional health' which helped me a lot. Now I know where to go for help if I get worried again.'

How to contact us:

SOMERSET OFFICE:

Joe Roberson,
Project Leader,
The Maze Project,
Windsor House, Whitehall,
Station Road,
Taunton, TA1 1PG

Phone: 01823 335 656
E-mail: home@mazeadvocacy.net

CARDIFF OFFICE:

Ruth Holgate,
Senior Practitioner,
The Maze Project,
Tros Gynnal,
12 North Road,
Cardiff, CF10 3DY

Phone: 02920 37 44 79
E-mail: ruth@mazeadvocacy.net

Please visit:
www.mazeadvocacy.net

Young People's Freephone:
0800 970 9883

Tros Gynnal Charity
Registration:1099878



The Maze Advocacy Project

An advocacy service for children and young people in Cardiff and Somerset who are experiencing mental health problems

Information for professionals

A Tros Gynnal and Advocacy in Somerset Project

**ADVOCACY
In Somerset**



Funded by



Who can we help?

The project will take referrals from children and young people aged between 6 and 19 years old who live in Cardiff or in Somerset and who may be experiencing a range of difficulties such as:

Anxiety,
Depression,
Phobias,
Self harm,
Eating disorders,
Psychosis

We follow young people's definition of mental health so a formal diagnosis is not needed for referral. We accept referrals from young people whether or not they have had any contact with mental health services.

How to refer:

We will accept self-referrals or referrals from a third party providing the young person has consented to the referral being made. Referrals may be made by phone, e-mail or by post. Please ask us for a form.

How can advocacy help children and young people?

We can help young people to:

- Access information
- Access appropriate services
- Understand their rights
- Express their views more effectively
- Actively participate in decisions about their care and treatment
- Explore options and make informed choices
- Understand and use complaints procedures

We can do this by:

- Meeting young people in a neutral, friendly place
- Talking on the phone
- Accompanying young people to appointments or meetings
- Writing letters on behalf of young people

Our services to young people are free, independent and confidential. We will not discuss what young people have told us without their permission unless there is a risk of serious harm to the young person or someone else.

Our aims and philosophy:

We work closely with children and young people to:

- Develop relationships that are based on trust
- Create a philosophy of inclusion
- Empower children and young people to actively participate in decision making
- Promote children and young people's rights within the mental health field

How can an advocacy service help you to help young people?

- Help improve communication between service providers and service users
- Help with compliance issues as services can be targeted to meet the expressed needs of service users
- Ways of working can be improved to the mutual benefit of both users and providers
- Service users better understand the problems faced by service providers