

"...I just phoned again to thank you for all your help. I wouldn't have managed without you, thank you so much.....!"

"Your independent advocate has highlighted what the client wants and not what is convenient"

"I think it's of benefit if the individual has someone to speak or ask questions on their behalf".

Funded jointly by Dundee City Council and NHS Tayside

Dundee Independent Advocacy Support is a Company Ltd by guarantee.
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Contact us?

If you would like more information contact:-

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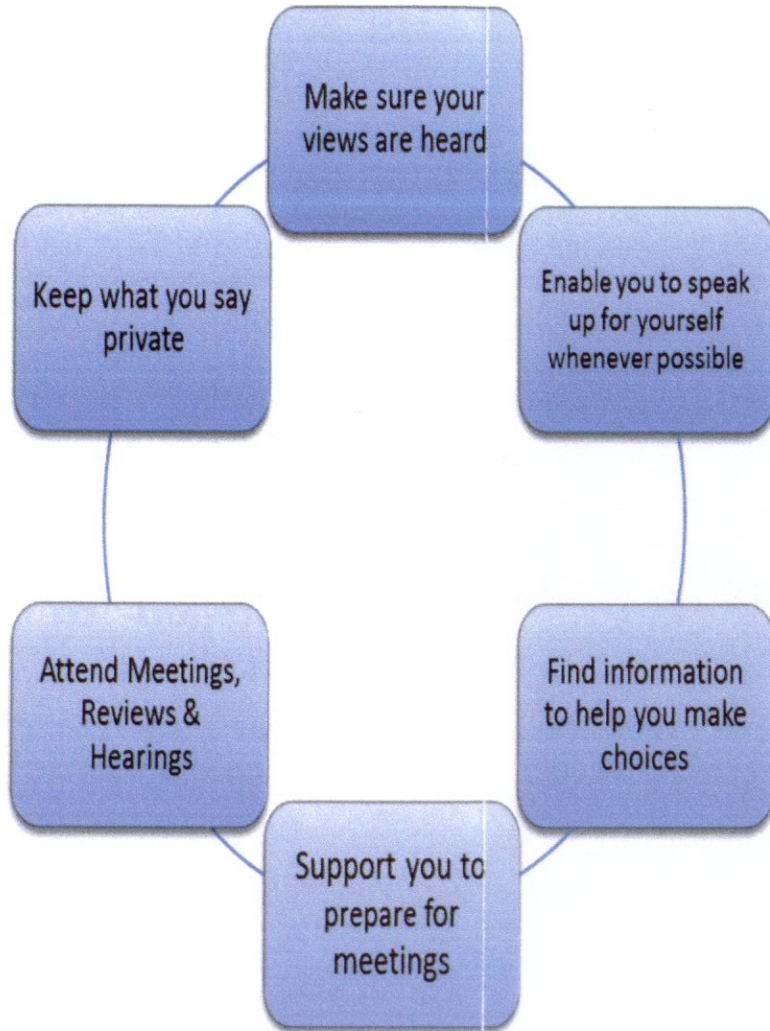


**FOR PEOPLE WITH
MENTAL HEALTH ISSUES**

- *Do you find it hard to get your views across?*
- *Do you feel as though you are not being listened to or taken seriously?*
- *Are you frightened or finding it difficult to tell someone how you feel?*



How can an advocate support you?



Everyone with a mental health problem has a right to get support from an independent advocate.

If you would like to talk to an advocacy worker who will listen to you and support you to get your views across then

Contact; Christine or Maggi

at Dundee Independent Advocacy Support.

"It's great to talk to someone who is so unbiased. I feel much better. I was anxious about coming to DIAS and now I feel relaxed, thank you for being so helpful"
(January 2013)

Space for notes: