

My voice still counts.

Have your say about your health and care while
you're in prison

We'll help you be heard



What is an advocate?

An advocate is an independent professional who is on your side. Advocates don't work for the council, the NHS, or care providers.

An advocate can help you to:

- understand your options
- say what you want and don't want
- make your own choices
- know your rights

Advocates do not offer legal advice, make decisions for you or tell you what to do.

Can I get an advocate?

There are rules about who can get an advocate and when.

You might be able to get an advocate if:

- you want to make a complaint about your healthcare
- you are receiving social services or healthcare services
- there are meetings to review your care or plan the care and support you get and where you go when you are released

To find out if we can help you, contact us:

helpline@voiceability.org, 0300 303 1660 or voiceability.org