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| --- | --- | --- | --- |
| **About advocacy** | | | |
|  | | | |
| A close-up of a newspaper  Description automatically generated with low confidence | | This information is about advocacy.  It has information on | **Page** |
|  | |  |  |
| A picture containing person, person  Description automatically generated | | * What advocacy is | **3** |
|  | |  |  |
|  | | * Times you might need to advocate | **5** |
|  | |  |  |
|  | | * How you can advocate for yourself to get help for your mental health | **7** |
| A group of people sitting at a table  Description automatically generated with medium confidence | | * Finding someone to advocate for you | **9** |
|  | | | |
| **What advocacy is** | | | |
|  | | | |
|  | | **Advocacy** is having your voice heard so your rights and needs are met.  You can have needs in many areas of your life. | |
|  | |  | |
|  | | **Rights** are rules about how everybody should be treated fairly.  A right is something everyone has. | |
|  | |  | |
|  | | To **advocate** is you or someone else doing things so that your rights and needs are met. | |
|  | |  | |
|  | | An **advocate** is someone who speaks up to get you the support you need.  You can have needs in many areas of your life. | |
|  | |  | |
| A person with his arms crossed  Description automatically generated with medium confidence | | Below we talk about your mental health needs.  **Mental health** is about   * How you think * How you feel | |
|  | |  | |
|  | | There may be times when you need to advocate to get support for your mental health. | |
|  | |  | |
| **Times you may need to advocate** | | | |
|  | | | |
|  | You might need an advocate if   * You have trouble finding a mental health service that is right for you | | |
|  |  | | |
|  | * A mental health service says they cannot help you   You are not happy with the support you get from a mental health service | | |
|  |  | | |
| A picture containing text, sky, outdoor  Description automatically generated | * If you are in hospital for your mental health | | |
|  |  | | |
|  | * If you need to go to the Mental Health Review Tribunal * The **Mental Health Review Tribunal** is a group of people who know a lot about mental health treatment and the law. | | |
| A picture containing text  Description automatically generated | For more information about the Mental Health Review Tribunal go to [https://www.3dn.unsw.edu.au/sites/ default/files/documents/3DN\_MHA\_ MHRT\_ERv1.pdf](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_MHA_MHRT_ERv1.pdf) | | |
|  |  | | |
|  | You may want a legal advocateif you need to   * Go to the Mental Health Review Tribunal * Get legal help | | |

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| **How I can advocate for myself to get help for my mental health** | |
|  | |
|  | You can be a **self-advocate.**  A **self-advocate** is someone who speaks up for themselves. |
|  |  |
| A picture containing person, person  Description automatically generated | There are ways you can speak up for yourself to get support that is right for you.  You could self-advocate by asking a mental health worker if they |
|  |  |
|  | * See other people with intellectual disability * Know about helping people with intellectual disability with their mental health |
|  |  |
|  | Sometimes it can be hard to speak up for yourself.  You may want to find an advocate who can support you to speak up for your rights.  There is more information below about finding an advocate. |
|  |  |
|  | To self-advocate it can help to know what rightsyou have to mental health care.  For more information about your rights go to [https://www.idmhconnect.health/ your-rights/ER](https://www.idmhconnect.health/your-rights/ER) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about how to advocate go to [https://www.voicestogether.com.au/ self-advocates/toolkits-resources-how-to/](https://www.voicestogether.com.au/self-advocates/toolkits-resources-how-to/) |

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| **Finding someone to advocate for you** | |
|  | |
|  | **When to find an advocate**  You may want to find an advocate when   * You do not want to do it yourself * You have tried but it did not work |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | You might like to ask someone you trust to advocate for you.  There are many people you might trust.  For more information about who you might trust go to [https://www.idmhconnect.health/ someone-trust](https://www.idmhconnect.health/someone-trust) |

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|  | **Types of advocates** |
| A group of people sitting at a table  Description automatically generated with medium confidence | There are different types of advocates.  They can include the following people. |
|  |  |
| Two people sitting at a table  Description automatically generated with medium confidence | **Peer advocates** are people who also have a disability or mental health problem and advocate for others. |
|  |  |
| A picture containing person, people, group, table  Description automatically generated | **Professional advocates** are people who are paid to advocate for others. |
|  |  |
|  | **Legal advocates** are people who make sure   * Your legal rights are looked after * You can get access to mental health services you need |
|  |  |
| A picture containing person  Description automatically generated | A legal advocate can be a lawyer.  A **lawyer** is someone who knows about the laws and government rules in Australia. |
|  |  |
|  | **Laws** are a set of rules that everyone must follow. |
|  |  |
|  | For more information about the types of advocacy go to  <https://www.dana.org.au/how-to-advocate/> |
|  |  |
| A few men sitting in chairs  Description automatically generated with low confidence | **Finding an advocate**  To find an advocate you may like to ask someone you trust to advocate for you.  There are many people you might trust.  For more information about who you might trust go to [https://www.idmhconnect.health/ someone-trust](https://www.idmhconnect.health/someone-trust) |
|  |  |
| A group of people sitting at a table  Description automatically generated with medium confidence | To find an advocate you can connect to advocacy organisations.  Go to   * Disability Advocacy Network Australia <https://www.dana.org.au/find-an-advocate/> |
|  |  |
|  | * Voices Together – self-advocacy groups <https://www.voicestogether.com.au/self-advocates/find-group/> |
|  | |
|  | To find an advocate you can connect to advocacy organisations.   * People with Disability Australia <https://pwd.org.au/get-help/individual-advocacy/>   You can also contact People with Disability Australia through their WayFinder Hub   * Call **1800 843 920** * Email **info@wayfinderhub.com.au** |
|  |  |
|  | To find a legal advocate go to   * Intellectual Disability Rights Service  <https://idrs.org.au/> * Mental Health Advocacy Service <https://www.legalaid.nsw.gov.au/my-problem-is-about/mental-health/duty-service-in-hospitals/mental-health-advocacy-service> |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |

Text

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| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read> |
| **A person smiling for the camera  Description automatically generated with medium confidence**A picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 24.02.2023 v2  No changes can be made without asking the people who wrote this sheet. |

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