

About advocacy



This information is about advocacy.

It has information on

Page



- 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



- Finding someone to advocate for you

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.



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



- 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.



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



You may want a legal advocate if you need to

- Go to the Mental Health Review Tribunal
- Get legal help

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.



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 rights you have to mental health care.

For more information about your rights go to

<https://www.idmhconnect.health/your-rights/ER>



For more information about how to advocate go to

<https://www.voicestogether.com.au/self-advocates/toolkits-resources-how-to/>

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

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>

Types of advocates



There are different types of advocates.

They can include the following people.



Peer advocates are people who also have a disability or mental health problem and advocate for others.



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 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/>

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



To find an advocate you can connect to advocacy organisations.

Go to

- Disability Advocacy Network Australia

[https://www.dana.org.au/find-an-](https://www.dana.org.au/find-an-advocate/)

advocate/



- Voices Together – self-advocacy groups

[https://www.voicestogether.com.au/self-](https://www.voicestogether.com.au/self-advocates/find-group/)

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

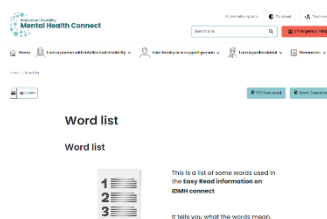
- Call **1800 843 920**
- Email info@wayfinderhub.com.au

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>



Who wrote this Easy Read

Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.

Where these people work

Department of Developmental Disability
Neuropsychiatry UNSW Sydney.



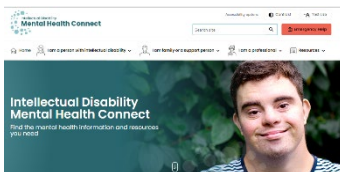
UNSW
Department of
Developmental
Disability
Neuropsychiatry

Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

For information on how to support people to use Easy Read go to 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.