



**Advocacy  
Service  
Aberdeen**

*Your life.  
Your voice.*



*How?*



*What?*



*Who?*

***What is Advocacy?***

Advocacy helps people speak up when they find it difficult.  
 Advocacy is independent and not part of the Council or the NHS.  
 Advocacy works with you.  
 Advocacy will help you know your rights and options.  
 Advocacy will make sure people know what you want.

*We are a free  
and confidential  
service*

***How can my advocate help me?***

If you are open to Adult Support and Protection we will help you be:  
**Respected** – We can help you feel listened to and make sure your voice is heard.  
**Safe** – We can let others know what you think about your safety.  
**Involved** – We can help you be part of any meetings in a way that is best for you.

***Who do I contact?*** You or someone you trust can

- Call us on:** 01224 332314
- Write to us at:** Advocacy Service Aberdeen, Willowbank House, Willowbank Road, Aberdeen, AB11 6YG
- Email us at:** asa@advocacy.org.uk