



(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

This is what we wish to achieve and promote as we support and represent individuals in East Dunbartonshire.



Get in Touch...

By Letter

Ceartas Advocacy

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This leaflet is available in other formats on request

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Recognised as a charity in Scotland No SC035269



Advocacy and Mental Health

A guide for adults in
East Dunbartonshire



see me .org
LET'S STOP THE STIGMA OF MENTAL ILL-HEALTH
www.seemescotland.org



EFQM
Committed to excellence

What we do

Ceartas can provide advocacy that is independent, professional and free if you are aged 16 or over and live in East Dunbartonshire.

What is Advocacy?

Independent Advocacy is a way to help you have a stronger voice and to have as much control as possible over your own life. Our Independent Advocacy Workers help you to get the information you need to make real choices about your circumstances and support you to put your view across. If you do not wish to speak in front of others then we can do this on your behalf.

Who can get Advocacy?

The law says that if you have a mental illness you have a right to independent advocacy whether or not you are detained in hospital.

The Mental Health Act

This law says how you can be treated if you have a mental illness, a learning disability or a personality disorder and we can help explain this to you.

Your Views

The law says that the people who give you care and treatment should listen to your views about this and our Independent Advocacy Workers can help you put forward your viewpoint.

Advance Statements

This helps people who might be looking after you to know your wishes should you become ill. We can help you make an Advance Statement to outline what treatment you feel works best for you

If you are in Hospital

Whether you are a voluntary patient or are detained under the Mental Health Act our Independent Advocacy Workers can help you discuss your care and treatment with medical staff.

Tribunals and Appeals

If you have to attend a Mental Health Tribunal we can help you to make your views clear and help you to access legal representation.