



(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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**Connect Online @CeartasAdvocacy**

**This leaflet is available in other formats on request**

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## 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](http://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.