

Our Vision

Our vision is a world where people affected by mental health issues receive the support they need to lead a fulfilling life through recovery and discovery.

Our Values

Our values underpin everything that we do in supporting people affected by mental health problems.



Passion



Respect



Empathy



Togetherness

Your advocate is:

Phone number:

Your appointment is on:

Things to remember:

Transforming lives and developing new visions for mental health.

For more information on all MindWise services, contact:

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MindWise

MindWise Advocacy Services

South Eastern Trust

New Visions for Mental Health



We provide free, independent and specialist advocacy, advice and information for people with mental health difficulties in community and hospital settings.

What is an advocate?

An advocate is someone who can both listen to you and speak for you or speak alongside you in times of need.

We seek to ensure that people are empowered to speak out and express their views and defend their rights and access the services they need.

What does an advocate do?

An advocate might help you access information you need, or go with you to meetings or interviews, in a supportive role. In some cases, you might want your advocate to be more active.

An advocate might write letters on your behalf, or speak for you in situations where you don't feel able to speak for yourself.

MindWise advocacy is a client-lead service that empowers clients to reach greater independence.

How MindWise can help

We provide free, independent and specialist advocacy, advice and information for people with mental health difficulties in community and hospital settings. It is a process of supporting people to:

- **Express** their views and concerns
- **Access** information and services
- **Promote** their rights and responsibilities
- **Explore** options and choices

Support we can offer

MindWise Advocates can support, empower and signpost you with issues relating to:

- Benefits and benefits appeals
- Care and treatment
- Mental Health Tribunals
- Benefits
- Housing
- Legal rights
- Complaints

“Thank you for the support you gave to my brother. You’ve made such a difference in his life”.

