

How to contact us

We can take referrals from **carers, parents** and **professionals** or from **children & young people** directly.

We can provide informal Mental Health Advocacy for any children and young people who:

- Are aged 10-18 years (or up to 25 years with additional needs)
- Are receiving services from mental health or social care services in North East Essex
- Are living, learning or registered in North East Essex (including Looked After Children placed within NEE)
- Homeless, travelling or refugee children and young people

Call: 0800 652 4546 (free from a landline)
or 01268 558448

Email: NEEMAS@barnardos.org.uk

Text or WhatsApp: 07912 205336 or
07912 205352

North East Essex Mental Health Advocacy Service



Get your voice heard...

An Advocate can support you with:

- having your voice heard
- making a complaint
- queries with your medication
- talking to your social worker, carers or other adults
- contact with your family
- understanding your rights
- meetings where decisions are made about you

We are a free, confidential and independent service for children & young people.

*aged 10-18 (25 with SEN), & living in North East Essex



An Advocate will only say and do what you ask, and will ask your permission before sharing information.

What is our Advocacy service?

Advocacy is helping someone to speak up for themselves to get something stopped, started or changed.

- * If you have your own voice, an Advocate will make sure that you are heard.
- * If you find it difficult to speak up, an Advocate will support and help you.
- * If you do not have a voice, an Advocate will work out what you want and speak for you.
- * We are independent from all other services and are completely led by what you want.



Children & Young People have the right to say what they think should happen, when adults are making decisions that affect them, and to have their opinions taken into account.