

# Independent Adolescent Advocacy Service

Listening | Supporting | Enabling | Empowering

What are my rights?

What are my options?

I'm struggling to get my point across.

I need someone on my side.

I need someone confidential and independent.

To make a referral you can speak directly to the advocate when they are on the unit or:

Phone: 020 7510 1081 and ask for Adolescent Advocacy Service

Email: [adolescent.advocacy@mithn.org.uk](mailto:adolescent.advocacy@mithn.org.uk)

Or ask a member of staff to refer you.

[www.mithn.org.uk](http://www.mithn.org.uk)



in Tower Hamlets  
and Newham

# The Adolescent Advocacy Service

This service is for young people who are admitted to the Coborn Unit which is part of the Newham Centre for Mental Health.

Our service is available to you when you are in hospital. We offer one to one support, in private. The service is FREE, Confidential and Independent.

We are here to support you and if you need it we can represent you.

## What does an Advocate do?

### An advocate helps you to:

- ✓ Express your views
- ✓ Secure your rights
- ✓ Represent your issues
- ✓ Obtain the services you need

### We can help you by:

- ✓ Exploring your options
- ✓ Helping you to make informed decisions
- ✓ Resolving issues with your care and treatment
- ✓ Accessing information (eg Health records)
- ✓ Accessing other services
- ✓ Helping you to write letters and make phone calls

- ✓ Explaining the complaints process and progressing complaints
- ✓ Help you to understand your rights under the Mental Health Act
- ✓ Supporting you in CPA meetings or tribunals

### Our Advocate can go with you to:

- ✓ Ward Rounds
- ✓ Care Programme Approach Meetings (CPA)
- ✓ Meetings appealing your section
- ✓ Medication reviews
- ✓ Discharge meetings (Section 117)

## An Advocate will

- ✓ Listen to YOU
- ✓ Be on YOUR side
- ✓ Work with you at YOUR pace
- ✓ Treat you with RESPECT

## An Advocate will never

- ✗ Tell you what to do
- ✗ Judge you
- ✗ Make decisions for you

## Confidentiality

Everything you discuss with your advocate will be kept confidential within Mind in Tower Hamlets and Newham, and our records are not available to hospital staff, social workers or other professionals.

Our service is confidential, except if you said something that worries us about your or other people's safety. This happens very rarely and we would always inform you if it was necessary to report it.

## Feedback and complaints

If you have any feedback, comments, suggestions or complaints please contact our main office on 020 7510 1081 or email [info@mithn.org.uk](mailto:info@mithn.org.uk)

## Prioritising service

Our service supports any young person admitted to the Coborn Unit. Although we are committed to meeting all of our client's needs, due to capacity we do sometimes have to prioritise our service. In this case priority will be given to those clients who are detained under the mental health act or who have an urgent need and this will be determined through an assessment of all the referrals to the service.

To make a referral please contact 020 7510 1081 or email [adolescent.advocacy@mithn.org.uk](mailto:adolescent.advocacy@mithn.org.uk)

Our referral form, information and leaflet can be found on our website: [www.mithn.org.uk](http://www.mithn.org.uk)



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