



Mental Health Advocacy for Young People



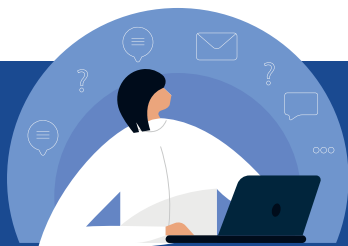
Our mission is to protect the rights and promote the choices of individuals with mental health disorders in Jersey.

At My Voice, we provide free, confidential and independent mental health advocacy for young people who are:

- Being seen by CAMHS
- On Robin Ward for mental health issues
- In Orchard House for assessment or treatment
- Having their freedom restricted under the Mental Health Law

If you feel like your views and wishes are not being heard, our advocates will listen.

We will ensure you understand your rights, have access to all the support and information you need, and work in partnership with you to represent your interests.



CONTACT US

Telephone: **07797 716447**

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www.myvoice.org.je



MY WISHES. MY RIGHTS. MY VOICE.



We give you
a voice



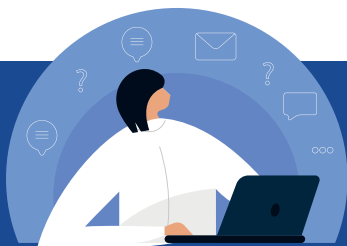
We listen
to you



We make
a difference

WE CAN:

- ✓ Support you and help you to plan what you want to say at reviews with your psychiatrist
- ✓ Get adults to listen to you
- ✓ Make sure you understand your rights
- ✓ Help you decide which services you need and support you in accessing these
- ✓ Help you feel empowered and involved when decisions need to be made
- ✓ Help you to make a complaint
- ✓ Support you at meetings and ensure your views are being heard
- ✓ Help you discuss your situation with others and support you to resolve any difficulties



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