



## In-patient & Community Mental Health Advocacy



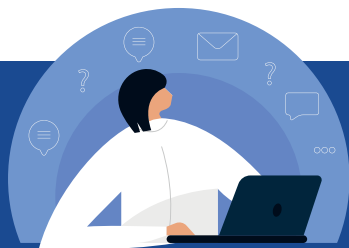
**Our mission is to protect the rights and promote the choices of individuals with mental health disorders in Jersey.**

At My Voice, we provide free, confidential and independent mental health advocacy for:

- Anyone under specialist assessment or treatment for a psychiatric illness
- Patients detained in hospital
- Anyone being treated under the Mental Health Law
- Anyone who has their freedom restricted under the Mental Health Law
- Elderly patients being assessed or treated by mental health teams

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

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



### CONTACT US

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## MY WISHES. MY RIGHTS. MY VOICE.



We give you  
a voice



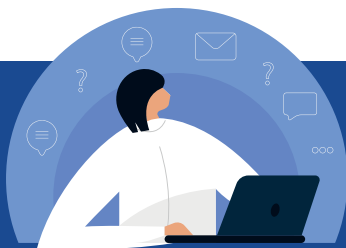
We listen  
to you



We make  
a difference

### WE CAN:

- ✓ Support you and help you to plan what you want to say at reviews with your psychiatrist
- ✓ Help you find specialised legal advice
- ✓ Help you appeal to the Mental Health Review Tribunal
- ✓ Ensure your views are heard at meetings with other professionals, such as social workers.
- ✓ Help you decide which services you need and support you in accessing these
- ✓ Help you with writing letters
- ✓ Help you with complaints
- ✓ Help you discuss your situation with others and support you to resolve any difficulties
- ✓ Help you challenge any discrimination you may be experiencing



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