



matrix advocacy service

WEST SURREY (GENERIC) MENTAL HEALTH ADVOCACY

Find it **difficult to say what you think**, want, or mean to professionals?

Struggle to **understand** and **deal with complex systems** like benefits, housing, etc?

Feel like you are **not being heard** in decisions that affect your life?

Unhappy with your **treatment, medication** or **care plan**?

Need assistance to **discuss** the **options** and **choices** open to you?

Want **support** at Care Programme Approach (CPA), care plan or other **meetings**?

Unsure of your **legal rights** or what you are entitled to?

Find it difficult to **access Specialist services**? e.g. legal advice

Think you want to **complain** but not sure how or afraid of potential consequences?

IF YOU ANSWERED "YES" TO ANY OF THESE THEN YOU MAY FIND THE SUPPORT OF A GENERIC MENTAL HEALTH ADVOCATE HELPFUL (IT'S FREE, INDEPENDENT & CONFIDENTIAL)

MATRIX ADVOCACY NORTH WEST SURREY TEAM

(Runnymede, Spelthorne, West Elmbridge and Woking)

01932 723759



**Suneel Chadha
Alison Vernon
Ian Cam**

For more information:

- Visit our website
- Pick up a leaflet
- Email
- Call us.



We will respond to your enquiry within two working days.



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