



Helping you to face the world

Advocacy can help you to express your opinions, we can face the issue together

"If I had to face it on my own I would have been lost and unsupported"

"I couldn't even face opening my letters let alone reply to them"

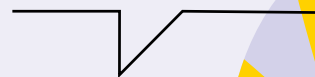


By your side On your side

We can help you access services, attend meetings with you and help you to gain more confidence.

*"It was fantastic - magic!
It was like someone cared"*

"I don't feel judged"

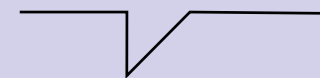


Supported and empowered

Advocacy helps you exercise more control over choices and decisions leaving you more confident for the next time.

"It has helped me move on immensely"

"My advocate doesn't do things for me - she points me in the right way"





Your Voice
an advocacy service that:

- ensures you are listened to and respected by healthcare or other professionals
- does not take over or influence your decisions
- finds the necessary information to help you make informed choices
- supports you so that you gain the confidence to speak up for yourself in the future



Your Voice referral line
T 0300 0120 103

Your Voice email
enquiries@yourvoicecumbria.org
www.yourvoicecumbria.org

Rowan House
St Andrew's Place
Penrith
Cumbria
CA11 7XZ



For better mental health



By your side
On your side

Your Voice is an independent,
confidential Advocacy Service
supporting people in Cumbria