

# How can an Advocate help?

Here are some ways an advocate can help:



- Listen to you
- Ask you if you want their help. (It's ok to say yes or no)
- Talk to you and find out what you want and how you feel
- Find information to help you make choices
- Support you to speak up
- Talk to other people or groups for you



Your information will be kept private.

Your information will not be shared with other people unless you say it is okay.



An advocate will only talk to other people if you want them to or if another person might get hurt.

An Advocate should write down and tell you how they will help you, so you can say yes or no to their help.

## How can you get Advocacy support from VALID?



- Call VALID and speak to the intake duty officer on 03 9114 9415
- Send an email to [intake@valid.org.au](mailto:intake@valid.org.au)  
[www.valid.org.au](http://www.valid.org.au)

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

1800 737 732



NDIS Quality  
and Safeguards  
Commission

1800 035 544