

Do you need an Advocate?

Here are some ways an independent 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 its 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.



Find an advocacy service

A list of individual advocacy services is available on the DARU website:
www.daru.org.au/organisation-type/individual-advocacy

Complaint and Information Services

(refer to VALID Advocacy Orgs. Tip Sheet). This tip sheet is on the VALID website and in the VALID 'P.S. project' resource package:

<https://valid.org.au/resources-and-media/resources/list-victorian-advocacy-organisations/>