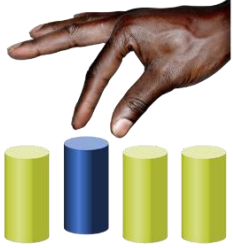












Independent Support

	<p>It may be difficult to make choices about your daily life.</p>
	<p>This may be because:</p> <ul style="list-style-type: none"> • you are unwell
	<ul style="list-style-type: none"> • you are disabled
	<ul style="list-style-type: none"> • information is not easy to understand.
	<p>An advocate could help make the right choices. And help you to explain your needs and your wishes.</p>

	<h2>Advocacy support</h2>
	<p>Independent advocacy services are available in Southwark if you need them.</p> <p>You can get an advocate under the Care Act if you:</p>
	<ul style="list-style-type: none"> • need support to make choices because it is difficult to make choices on your own
	<ul style="list-style-type: none"> • have been to hospital because you had a mental health problem
	<ul style="list-style-type: none"> • need support to take part in your assessment,
	<p>and write your Care & Support Plan.</p>



How advocates can help

Advocates **do not** work for the council.

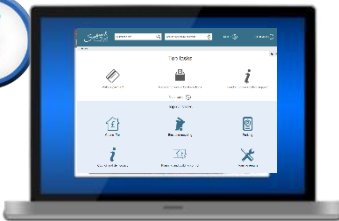


They can help you to find the support you need to reach your personal goals



Advocacy in Southwark

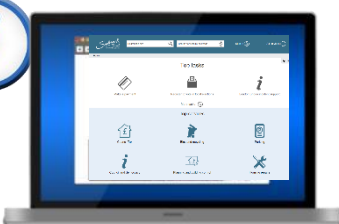
You can get advocacy support from a many local organisations in Southwark.



For more information go to our [support and activities](#) page.



Advocacy support for carers



If you are a carer and need information about advocacy services, go to our [Carers](#) section.