

You or a friend can contact us to

find out more by:



**Telephone:**

0800 335 7330

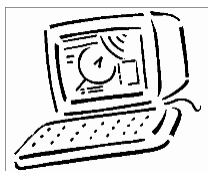
**Text:**

07561 392818



**Email:**

[info@advocacyinsurrey.org.uk](mailto:info@advocacyinsurrey.org.uk)



**Website:**

[www.advocacyinsurrey.org.uk](http://www.advocacyinsurrey.org.uk)

Working together with:



# Advocacy in Surrey

## A guide



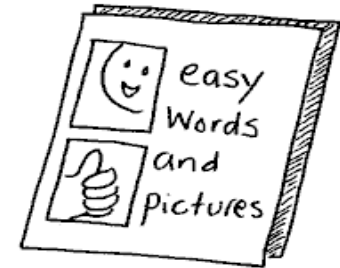


# Advocacy can help you

**Understand your rights**



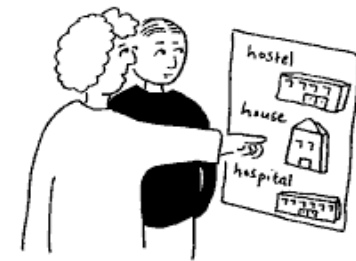
**Understand information**



**Speak up for yourself and be heard**



**Change your services if you want**



**Talk with professionals**



**Make a complaint**



**Advocacy is free, confidential and independent**