

Advocacy gives you a voice



OCD Action Advocacy

Advocacy is....

Independent

We are not part of the NHS or Social Services

We are an Independent Charity and are not affiliated to any other body. We have a Confidentiality Code (which we will explain to you) and our service is always free. We do not pass judgment, but we help you present your views, ensuring that your voice is heard.

OCD Action Advocacy

Advocacy isn't....

Telling you what to do.

We help you access information and services

We are not legally or medically trained, but we will help you access the services you need, providing you with options and choices. The decision is **always** yours. Although we listen to you and support you, we are not counsellors or therapists.

OCD Action Advocacy

Advocacy is....

Empowering

We defend and promote your rights

Whoever we are and whatever our problem, we should have protection under Laws which promote our individual freedoms and rights. Advocates can help you understand your rights and they will help you find specialist legal advice if you require it.

OCD Action Advocacy

Advocacy isn't....

About filtering issues.

We help you explore options and choices.

Advocates do not make assumptions about what is important to you and what isn't. They act on **your** instruction and will channel your issues and not filter them. Our aim is to empower you to regain control over your life and will help you speak up and be listened to.