



Introduction to Advocacy

Advocacy is about helping people say what they want, secure their rights, represent their interests and obtain services that they need.. Advocacy promotes social inclusion and social justice

(Action for Advocacy)

Advocacy in all its forms seeks to ensure that you are able to speak up for yourself and that your views are *heard*. Advocacy for example, could be helpful if you are not being offered choices and options that you feel you are entitled to. An Advocate could help you draft a letter or support you making a phone call. At other times you may want the Advocate to represent you in a meeting, but ultimately an Advocate's role is to support *you* express what it is that *you* want to say.

OCD Action and Advocacy

What can we do?

Our helpline can refer you Advocacy services both within OCD Action and in your area.

If you live in the North West or Central England you may be able to access an OCD Action Caseworker to help you with your issue.

Helpline number:

020 7253 2664

**OCD Action, Suite 506-509, Davina House,
137-149 Goswell Road, London EC1V 7ET**