

# MATRIX ADVOCACY SERVICE

## COPING WITH MENTAL HEALTH PROBLEMS CAN BE DIFFICULT

### DO YOU.....

Want to know your rights?

Find it difficult to say what you think, want or mean to professionals?

Find it difficult to access specialist services? E.g. CAB, legal advice

Want support at CPAs or other meetings?

Think you want to complain but not sure how?

### IF YOU ANSWERED YES TO ANY OF THE ABOVE

Then it might be useful if you got some help and support from a Community Advocate. Matrix Advocacy Services provide a free, Independent and confidential support service at various sites across North West Surrey. Pick up a leaflet, ask your Care Co-ordinator, or telephone to set up an informal chat.



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