



# Community Advocacy

A free, impartial and confidential service

Trafford  
Mental  
Health  
Advocacy  
Service



# What is Trafford Mental Health Advocacy Service?

**Trafford Mental Health Advocacy Service (TMHAS) is a FREE service for any Trafford resident who believes that they have a mental health problem, or for those who access mental health services.**

We help people exercise and defend their rights and enable them to get their point of view across.

Our Mental Health Advocates are highly trained and skilled to ensure you get the best support possible.

Mental Health Advocacy is about having your voice heard and an advocate is someone who can listen to you, support you, and where possible, attend and represent you at meetings.

## **Your Advocate**

Will ensure:

- You have an active say in any decisions affecting you
- Your legal rights are protected
- Your interests are defended
- You understand all the options available, enabling you to make an informed choice

Will also:

- Support you to prepare for any meeting or appointment
- Where possible, represent you at meetings or appointments
- Make phone calls, help to write letters to ensure you ask the right questions
- Challenge any decisions on your behalf
- Provide information about your legal rights or a services statutory provision
- Signpost to other services

Your Advocate can only advocate on your behalf as you instruct them. We do not advocate for relatives, carers or staff.



## Community Drop-ins

We run regular Drop-in sessions across the borough, two of which are held at:

### **blueSci - Old Trafford**

54-56 Seymour Grove

Manchester

M16 0LN

Telephone: 0161 912 4828

### **Broomwood Community Wellbeing Centre**

Mainwood Road, Timperley

Altrincham

WA15 7JU

Telephone: 0161 912 2650



To find out about more regarding venues, dates and times of the drop-ins, please contact us or check our website for the latest information.

Whenever possible your Advocate will see you in a place which is convenient for you.



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

Telephone: 0161 877 4330



## Can you help us?

TMHAS has a steering group which guides the development of the service called **Trafford Advocacy Advisory Group (TAAG)**, made up of people who use the service or have done in the past.

TAAG helps monitor the service standards and advises how it should develop in the future.

If you would like more information please contact us.

## How to get in touch

You can attend one of the Community Drop-ins or visit us at our office:

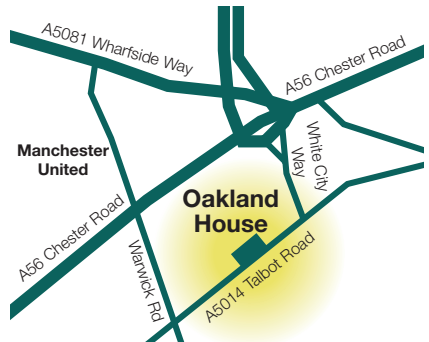
### Trafford Mental Health Advocacy Service

Oakland House, Talbot Road,  
Old Trafford, Manchester  
M16 0PQ

Telephone: 0161 877 4330

Email: [info@tmhas.org](mailto:info@tmhas.org)

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



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