



## Peer independent advocacy across Aberdeenshire

- » Advocacy North East provides peer independent advocacy for people over the age of 16 years who are affected by substance use or dependency.
- » Our trained advocates can help you access the information you need to make informed decisions in relation to your health and care.
- » We can help you to have your voice heard and your opinions respected when you are dealing with health, social work and social care professionals.

ANE has a duty to ensure the safety and well-being of its staff and volunteers and we uphold the right of our people to be treated with respect as they go about their duties.

Please be advised that ANE will not accept any form of abuse being aimed directly or indirectly at our staff or volunteers. We take such matters very seriously and will terminate our contact/take further action as required.



Advocacy North East

we're here  
to give you a voice.

contact  
US

Aberdeenshire

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»» [advocacyne.org.uk](http://advocacyne.org.uk)

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Peer Independent Advocacy  
for those affected  
by substance use.



### **Peer Independent Advocacy for those affected by or dependent upon substance or alcohol use:**

If you, or someone you know is affected by, or dependent on, alcohol or substance use and needs help to access health, social work or social care services for support then this leaflet may be useful to you.

Peer independent advocacy is about helping you if you find it hard to speak up for what you want and need. It is about standing alongside you and supporting you to express your needs and wishes and to assert your rights.

Peer independent advocacy is about helping you to access the information you need to make informed decisions about health and care matters that affect your life – because your life matters!

Our service is free, confidential and independent of the NHS and Social Work Services.



A person using or dependent on substances can sometimes feel that their views and needs are overlooked by health, social work and social care professionals and that their right to support is not well recognised.

If a person is anxious or unsure of how to access health or social care support, or lacks the information or capacity to do so alone, then peer independent advocacy may be able to help.



### **If you, or someone you know is affected by substance use contact us:**

- »» To hear more about our rights based peer independent advocacy service for people over the age of 16
- »» To refer yourself or someone you know for peer independent advocacy
- »» To enquire about any of our other independent advocacy services