

Mental Health Advocacy Service

# What Is Advocacy?

Advocacy in all its forms, seeks to ensure that people, particularly those who are the most vulnerable in society, are able to:

- Have their voice heard on issues that are important to them.
- Have their views and wishes genuinely considered when decisions are being made about their lives.
- Access information, advice and explore choices and opinions.
- Defend and safeguard their rights.

# Who We Are

- Lamp is an independent charity.
- We are not part of any other services.
- We have provided free mental health advocacy for people living in Leicester, Leicestershire and Rutland since 1989.

# Who Is This Service For

You can use our free advocacy service if you:

- Have a mental health need.
- Want to access care and support for your mental well-being.
- Wish to question a decision about your care and support.

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To use our service please contact us:

0116 255 6286

Lamp: 65 Regent Road

Leicester

LE1 6YF

Registered Charity Number: 702057



**Mental Health  
Advocacy**

Working for you  
in Leicester,  
Leicestershire  
and Rutland.