

Helping you change your world

About ME is a:

- Social Workers
- Personal Advisors
- Independent Reviewing Officers
- Foster Carers
- Mind of My Own

You can speak to **About ME Advocacy**

anytime because you are important too



About ME advocacy Service is:

- ✓ Free
- ✓ Confidential
- ✓ Non-judgmental
- ✓ Empowering
- ✓ Led by you
- ✓ Independent from other services and professionals

About ME advocacy can help you:

- ✓ Have your voice heard on issues that are important to you
- ✓ Defend and safeguard your rights
- ✓ Have your views and wishes considered when decisions are being made about your life

About ME advocacy will enable you to:

- ✓ Explore options and make choices
- ✓ Express your views or concerns
- ✓ Get information and access to services

Contact us

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Portsmouth
CITY COUNCIL

Ages:
4 - 25

