



Using an advocate

You can choose to bring a carer or advocate with you to your appointments.

An advocate is someone who:

Can support you, or act on your behalf.

An advocate can help you:

Understand your rights

Make an informed decision

Understand and resolve issues or complaints

Speak up for yourself.

Can I have an advocate?

Yes, anyone can ask an advocate to speak for them or support them.

Who can be an advocate?

An advocate can be anyone you choose, such as a family member or friend.

You can also choose to contact one of the following agencies for support.

Legal advocacy

Ballarat and Grampians Community legal service

Ph: 1800 466 488 www.bgcls.org.au

Victoria Legal Aid

Ph: 1300 792 387 www.legalaid.vic.gov.au

Disability advocacy

Disability Discrimination Legal Service

Ph: 96548644 www.ddls.org.au

Victorian Advocacy League for Individuals with Disability (VALID)

Ph: (03) 09416 4006

Villamanta Disability Rights Legal Services

Ph: 1800 014 111 www.villamanta.org.au



Young people living with a disability

Youth Disability advocacy service (YDAS)

Ph: (03) 9267 3709 www.ydas.org.au

People living with a mental illness

Independent Mental Health Advocacy

ph: 1300 947 820 www.mha.vic.gov.au

Victorian Mental Illness Awareness Council (VMIAC)

Ph: (03) 9380 3900 www.vmiac.org.au

Older people

Elder Rights Advocacy Victoria

Ph: 1800 700 600 www.elderrights.org.au

Other help

Office of the Public Advocate

Ph: 1300 309 337 www.publicadvocate.vic.gov.au

