

We work with people from Black, Asian and Ethnic Minority backgrounds in Greater Manchester who have accessed inpatient mental health services.

"Having these talks with my Advocate helps me feel more welcome and I feel listened to as an individual."

Service User

Get in contact

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Sign up to our mailing list by scanning this QR code:



Gaddum ... Advocacy



**Mental Health
Advocacy for
Black, Asian
and Minority
Ethnic people**

What is culturally appropriate advocacy?

Advocacy is taking action to help people say what they want, secure their rights, represent their interests, and obtain the services they need.

Culturally Appropriate Advocacy is Advocacy that meets the cultural needs of the individual and addresses racism and discrimination.



Why do we provide culturally appropriate Mental Health advocacy?

People that are Black, Asian or from a Minority Ethnic background are more likely to experience difficulties when accessing mental health services and report worse outcomes, especially when in hospital.

We provide Advocacy to people in Greater Manchester who are Black, Asian or from another Ethnic Minority background and have experience of receiving inpatient mental health care.

Our services:

- Inpatient and community group advocacy sessions across Greater Manchester.
- Information, “Drop in” and Awareness raising sessions.
- Coproduction sessions: the opportunity to tell us how you want the service to be run.

Our Advocates provide:

- A safe and confidential space to discuss and address your cultural and mental health needs.
- Support to challenge decisions made by others about your care.
- A strength-based approach to increase your confidence.
- Support in getting your voice heard.
- Expertise: all our Advocates are Black, Asian or Minority Ethnic and are trained in cultural competence.

All matters discussed with your advocate are confidential, unless we feel that you are of risk of harm to yourself or others.

Our Training:

We provide training to people who work in the NHS, Local Authority or community organisations on Culturally Appropriate Advocacy and Community Advocacy.