Sometimes it helps to have someone else who can speak on your behalf and represent your interests, especially in formal situations or when you don't feel very confident. A person who speaks on your behalf in this way is often called an 'advocate'.

Advocates can help you get your views or wishes across about the issues which are important to you, such as the care or medical treatment which you receive, or the management of your finances.

For more information on how you can find someone to be your advocate go to our separate page titled Someone To Speak On Your Behalf.

And people with learning disabilities can go to our page Someone To Help Me Speak Up for easy-read information on advocacy.