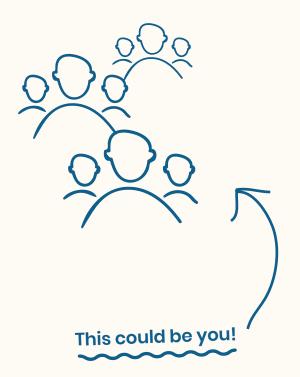


# Flexible ways to have your say?

#### Who can we help?

We work with older people, people living with disability or mental health issues, and people who use alcohol or drugs.

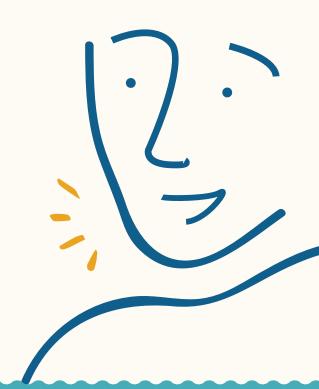


### Here's how to get in contact with our Advocates:

Freecall 1800 005 131 or if you're from interstate or on a mobile call (03) 6224 2240.

You can text us on 0457 806 963, or email contact@yoursaytas.org

Visit www.yoursaytas.org to find out more.





Funded by the Australian Government Department of Social Services and Department of Health.

Visit www.dss.gov.au and www.health.gov.au for more information.



## Things are looking up. Advocacy Tasmania is here to help.

'Your Say' advocacy is all about helping you to be heard and understood.

If you are unable to speak for yourself, or find it difficult, our Advocates can help you.

We can provide information about your rights.

Best of all, everything we do for you is: free, confidential, independent and professional!

#### Do you need help to have your say?

You can choose how to connect with us.

If you have difficulties meeting face to face, or simply prefer talking over the phone, we can tailor our services to meet your needs.



## We offer different ways that you can access our services.

You can talk to us over Skype,



by text message,



or email.



You can even find us on Facebook and chat to us on Facebook messenger.

