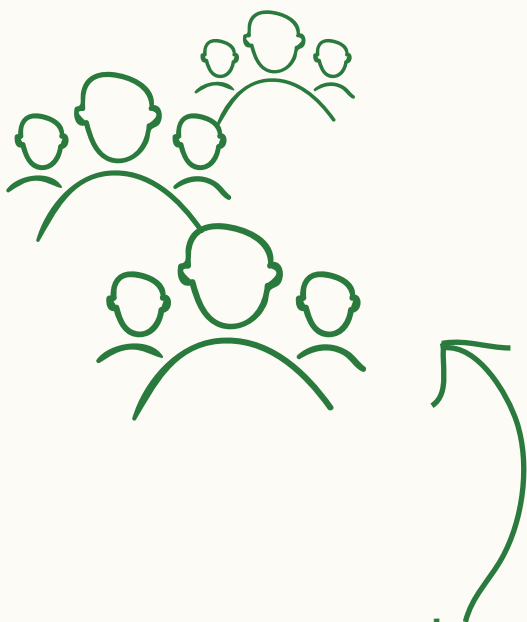


## Who can we help?

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



This could be you!

## 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](mailto:contact@yoursaytas.org)

Visit [www.yoursaytas.org](http://www.yoursaytas.org) to find out more.

SUPPORTED BY



Tasmanian Government


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

Visit [www.dss.gov.au](http://www.dss.gov.au) and [www.health.gov.au](http://www.health.gov.au) for more information.

# Need help to have your say?



## Your say Advocacy Tasmania



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

Our Advocates are based all around Tasmania.

Our service is free.



## Our Advocates will listen to your problem and help work out a way forward.

'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, and help you to deal with problems or complaints.



## What kinds of things can you get help with?

Something you don't understand?



The way you're being treated doesn't feel right.



Not getting what you're asking for.



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