



This service is provided by
Advocacy for All



Sutton Resilience project

Independent advocacy

The Sutton Resilience project is an integrated, **trauma-informed**, resilience advocacy service that **empowers** Sutton residents to move beyond crisis towards **financial stability**, **wellbeing** and **independence**.

Advocacy for all will provide a dedicated Advocacy Resilience Officer to support adults who:

- Live in the borough of Sutton
- Receive treatment for a mental health condition.
- Would like 1-1 support developing Strategies.
- Support building resilience and Confidence.

Who can use a Resilience advocate?



This service has been provided by Advocacy for all to:



- Support adults transitioning from detention under the Mental Health Act
- Adults who have discharge from Community Treatment Orders
- Residents who have had any formal mental health support and need more targeted community advocacy
- Or those stepping down from statutory advocacy

What an advocate cannot do:

- choose for you
- say what they think is best
- give you advice
- take other people's side
- be your friend, a lawyer or solicitor
- Advocates are not Social Workers or Health Care Workers

What a Sutton Resilience advocate can offer

An advocate will work with individuals with an aim that this intervention will stabilise individual's post-crisis, reducing repeat statutory intervention and breakdown.

This will be done by:

- 8 week support programme
- Supporting clients to understand **financial pressures** and **develop strategies**
- Regular **face to face** sessions to **improve well-being** support post crises over the 8 weeks
- Support clients to develop their confidence and self-advocacy skills to be more **resilient**
- Referrals and signposting to **mental health, counselling, and social prescribing services** where needed and other relevant agencies
- Support individuals to move from crisis intervention to sustainable **recovery** and **stability**
- Direct clients with **housing needs** to relevant agencies and charities within Sutton.

Referrals

Referrals can be done as a self referral or by a professional.

Clients must meet the eligibility criteria to qualify.

Making a referral

Guidelines are on our website
www.advocacyforall.org.uk

Download the Referral Form, complete and email to referrals@advocacyforall.org.uk
OR

Complete, print and return the referral form by post to the address below.

If you need help with completing the referral form or if you have any questions, please do not hesitate to call our team.



Advocacy

Advocacy is free - it will not cost you anything.

Advocacy is independent - it is not part of the NHS or local authority.

Advocacy is confidential unless:

- You want us to share information.
- It involves danger to yourself or other people.
- Or the law says we need to.

Contact us

📞 0345 310 1812

✉ referrals@advocacyforall.org.uk

👤 Chloe.oliver@advocacyforall.org.uk

📍 Advocacy for All, The Civic Centre, St Mary's Road, Swanley, Kent BR8 7BU