

RESOURCES

These websites may help you develop a self-advocacy plan.

California Association of Mental Health Peer-Run Organizations:
www.camhpro.org

Disability Rights California:
www.disabilityrightsca.org

**Hill Country Health and Wellness Center/
Circle of Friends:** www.hillcountryclinic.org
530-335-4222

National Empowerment Center: www.power2u.org/California.html

Olberg Wellness Center:
www.nvcss.org/Shasta/Olberg

Self-Advocacy Resource Network:
www.selfadvocacy.org

Our ADA coordinator may be reached at:
530-225-5515 (phone)
530-225-5345 (fax)
TTY: 711
For questions contact Shasta County Patient Rights Advocate at 530-225-5506.



Shasta County
**Health & Human
Services Agency**

2640 Breslauer Way
Redding, CA 96001
www.shastahsa.net

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Self- Advocacy

*Speak up for your
rights and your
needs.*

**For help call:
(530) 225-5506**

WHAT IS SELF-ADVOCACY?

Self-advocacy means you can:

- Speak up for yourself.
- Have control over your own life.
- Make your own decisions.

WHY ADVOCATE FOR YOURSELF?

No one knows more about you than you do. You are the best person to tell people what you need. This is important when talking to people at work, with friends and family members, and with your doctors.

TIPS TO REMEMBER

To be a good advocate for yourself, do the following:

- Know your rights.
- Speak up for yourself.
- Clearly communicate to others how you feel and exactly what you need.
- Be responsible, realistic and organized.
- Do not argue or fight.
- Learn from every time you try, whether good or bad.
- Get to know others.
- Tell people you want to be treated fairly.
- Try new things and learn from those things.
- Know that people will respect your right to make choices.
- Don't let bad things stop you. Keep trying.

HOW TO ADVOCATE FOR YOURSELF

First, figure out what you want to fix.

Identify the who, what, when, where, how and why of your problem.

Second, list your options.

Write down specific ways to fix what is going on.

Finally, determine actions that need to be taken. Find out who you need to speak with, then call and/or meet with that person.

ADVOCATE

If you need help with your self-advocacy, you can call the Shasta County Mental Health Patients' Rights advocate and they can help you figure out a plan.

You may also ask them to represent you if you feel like you cannot speak for yourself.

You may call Shasta County's Patients' Right Advocate at (530) 225-5506.