



# Using an advocate

An advocate is a person who:



Speaks up for your rights




Makes sure you are treated fairly and with respect



Helps you understand and resolve problems or complaints



Provides information and assistance



Helps you make decisions



Helps you know how to speak up for yourself

# You can find an advocate by contacting:

## People living with disability:

- **Victorian Advocacy League for Individuals with Disability (VALID)**  
Phone: (03) 9416 4003  
Web: [www.valid.org.au](http://www.valid.org.au)
- **Action on Disability within Ethnic Communities (ADEC)**  
Phone: 1800 626 078  
Web: [www.adec.org.au](http://www.adec.org.au)
- **Association for Children with a Disability**  
Phone: (03) 9880 7000  
Web: [www.acd.org.au](http://www.acd.org.au)
- **Disability Justice Advocacy Inc. (DJA)**  
Phone: 1800 808 126  
Web: [www.justadvocacy.com](http://www.justadvocacy.com)
- **Leadership Plus**  
Phone: (03) 9489 2999  
Web: [www.leadershipplus.com](http://www.leadershipplus.com)
- **North East Citizen Advocacy (NECA)**  
Phone: (03) 8470 3684  
Web: [www.citizenadvocacy.com.au](http://www.citizenadvocacy.com.au)

## People with an acquired brain injury:

- **Brain Injury Matters (BIM)**  
Phone: (03) 9639 7222  
Web: [www.braininjurymatters.org](http://www.braininjurymatters.org)

## People with a mental illness:

- **Victorian Mental Illness Awareness Council (VMIAC)**  
Phone: (03) 9380 3900  
Web: [www.vmiac.org.au](http://www.vmiac.org.au)

## Young people:

- **Youth Disability Advocacy Service (YDAS)**  
Phone: (03) 9267 3709  
Web: [www.ydas.org.au](http://www.ydas.org.au)

## Older people and seniors:

- **Elder Rights Advocacy (ERA)**  
Phone: 1800 700 600  
Web: [www.era.asn.au](http://www.era.asn.au)

## Aboriginal and Torres Strait Islander people:

- **Victorian Aboriginal Legal Service (VALS)**  
Phone: 1800 064 865  
Web: [www.vals.org.au](http://www.vals.org.au)



Ph: (03) 8470 1111  
[www.yourcommunityhealth.org.au](http://www.yourcommunityhealth.org.au)