



**BRADFORD AND AIREDALE**

mental health **advocacy** group

Registered Charity Number: 1078693

**BAMHAG**

# ARE YOU BEING HEARD?



## **USER LED MENTAL HEALTH ADVOCACY**

Providing a **free**, independent and confidential  
mental health **advocacy service** across Bradford and Airedale

RING FOR AN APPOINTMENT

# WHAT IS ADVOCACY?

**Advocacy** is about supporting you to be heard: sometimes by speaking on your behalf, or by supporting you to speak for yourself.

BAMHAG are a user led mental health specific advocacy organisation. This means that many people who work with us have experience of mental ill health.

An advocate will work only on **your** behalf, to support what **you** want, and only with **your** agreement.

BAMHAG believe that people with first hand experience of mental ill health are better placed to provide advocacy support to you.

# WHERE WE WORK

Mental Health Advocates work across the district in Airedale Hospital, Moor Lane, Daisy Bank, Lynfield Mount Hospital and Moorlands View. We also work throughout the community and this includes Bradford, Keighley, Ilkley, Shipley, Bingley and some surrounding areas. In effect we work with anyone who experiences mental distress.

# HOW TO CONTACT US

We will try to make an appointment in a place that is convenient to you.

We can arrange an appointment for you to come to our offices, meet in a hospital, your work place, at a care home or at the centre you attend.

We can also visit you at home.

Home visits are generally accompanied.

# EXAMPLES OF OUR WORK

- Providing advocacy, information, and support.
- Enabling your voice to be heard in meetings and at appointments.
- Helping you to write letters to mental health professionals and service providers.
- Supporting your concerns with regard to your care and treatment.
- Supporting you to work with professionals involved in your health and social care.
- Supporting and enabling you to access other services.
- Speaking up with and supporting service users to be heard and participate in a variety of ways.



## WRITE TO US OR PHONE IN CONFIDENCE ON:

### BRADFORD & AIREDALE MENTAL HEALTH ADVOCACY GROUP

FREEPOST NEA9994  
TRADEFORCE BUILDING  
CORNWALL PLACE  
BRADFORD  
BD8 7JT

KEIGHLEY OFFICE

TEL: 01535 611 092

BRADFORD OFFICE

TEL: 01274 770 118

Please note that this FREEPOST address is for service users only.

If no one is available to answer your call, an answerphone service is available, and someone will contact you as soon as possible.



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## WHERE TO FIND US

**Access lift  
available**



(MIND in Bradford is on the ground floor)

## BRADFORD & AIREDALE MENTAL HEALTH ADVOCACY GROUP

Rooms 21-29, 1st floor, The Tradeforce Building,  
Cornwall Place, BRADFORD, BD8 7JT. TEL: 01274 770 118

### KEIGHLEY OFFICE

Volunteer Centre Keighley & District, 8-10 North Street, KEIGHLEY, BD21 3SE.  
TEL: 01535 611 092

### LINK PROJECT

TEL: 01274 201 859

**EMAIL:** [info@bamhag.co.uk](mailto:info@bamhag.co.uk)