

If you need an advocate to help you have your voice heard, uphold your rights, or access a service, please add your details below and one of our team members will get back to you.

Name	
Are you filling in this form for you or for somebody else?	Me <input type="checkbox"/> Someone else <input type="checkbox"/>
What do you / they need help with?	
Telephone	
Email	
How would you like us to contact you?	

**Once complete, please click the button below, or alternatively you can email a copy to [advocacyreferralhub@rethink.org](mailto:advocacyreferralhub@rethink.org)**

Someone will contact you within 3 working days. Our teams are at work Monday to Friday between 9am and 5pm

If you need to speak to someone, please call 0300 7900 559. Calls will be answered Monday to Friday between 9am and 5pm or you can leave a message outside of these hours.