



It is important the information you obtain about HD is correct therefore I would recommend you refer to the information sections on the website or you may wish to get further specialist advice about HD from an HD Specialist in your area

Advocacy

A process of supporting and enabling people to

- Express their views and concerns
- Access information and services
- Defend and safe guard their rights
- Have their wishes genuinely considered when decisions are being made about their lives
- Explore choices and options

People with Huntington's disease often have cognitive (thinking processes) changes or experience mental health problems.

An independent advocate will represent only your wishes without judging you or giving their personal opinion. The belief is that you are the expert on your life and it is your view of what you wish to happen that advocates will act upon.

To find an independent advocacy service in your area, click **HERE**.

Other useful contacts

Scottish Independent Advocacy Alliance

Click here for the website

or call **0131 556 6443**

NHS Inform

Click here for the website

or call **0800224488**

Mental Welfare Commission

[Click here for the website](#)

or call **0131 313 8777** or **0800 389 6809**

Many Local Authorities also support their own Advocacy Services so it will be worthwhile looking at their own website as well.