



Advocacy support

Advocacy support can help you make a health and social care complaint in Westmorland and Furness. An advocate can support and help you express your views and express your rights. They are free, confidential and independent of health and social care services.

Name	Types of advocacy	Telephone	Email address
People First	<ul style="list-style-type: none"> • NHS complaints • Care Act • Independent Mental Health • Independent Mental Capacity • General Advocacy • Refugee health and social care 	☎ 03003 038037 9am-5pm Monday- Friday	✉ admin@wearepeoplefirst.co.uk
You can make an advocacy referral online by the following link: https://wearepeoplefirst.co.uk/referral/			
Westmorland and Furness Advocacy Hub (N-Compass)	Provides advocacy, carers' support, counselling, and wellbeing services across Cumbria and beyond	☎ 03450 138 208	✉ admin@n-compass.org.uk