

# Independent Health Complaints Advocacy



If you are unhappy with your NHS service, you can complain



An advocate from South Essex Advocacy Services can help you make a complaint



They do not work for the NHS



**Your advocate will...**

Listen to you



Support you to say what you think



Help you to make choices



**Your advocate can...**

Write letters for you



Help you in complaint meetings



Talk to other people for you



If you would like to know more about South Essex Advocacy Services, please contact them using any of the methods below



01702 340 566



[advocacy@southessexadvocacy.org](mailto:advocacy@southessexadvocacy.org)



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