Self Advocacy For Everyone



Looking after yourself when doing self advocacy

Easy Read

Visit our website www.selfadvocacy.org.au

Inclusion Australia

SARU Self Advocacy Resource Unit

CENTRE for SOCIAL IMPACT

DANA

Looking after yourself when doing self advocacy



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Self advocacy can be hard and may sometimes make you feel

- Sad
- Stressed
- Worn out.





It is important to look after yourself when doing self advocacy so you can

- Stay healthy and well
- Keep speaking up for yourself and having your voice heard.



There are lots of different ways to look after yourself when doing self advocacy:

- Know when to take a break



- It is okay to say no if you do not want to say or do something

- Do not ignore your feelings
  It is normal to sometimes feel angry or sad about things



- Speak with other self advocates for advice and support

- Only share with others what you are comfortable with

- It is okay to disagree with people in your group



- Be patient and remember change takes time
- Ask for help if you need it.



Contact the SAFE Helpdesk for support:

By phone

1800 841 199

Phone line open Monday to Friday 9.00am - 5.00pm Melbourne time



By text message

0493 586 773

9.00am - 5.00pm Melbourne time



By email

helpdesk@selfadvocacy.org.au



By filling in the contact form on the SAFE website

www.selfadvocacy.org.au



You can ask to have a face-to-face meeting at their Melbourne office if you want.

Call or email the Helpdesk to book a meeting.