This paper will describe what constitutes to Advocacy provision by exploring a variety of Advocacy services and exploring the provision of these services. This paper will also investigate current policy and legislation in relation to Advocacy and inform the reader how these laws are practiced by advocates in their everyday role (Marshall-Lee et al., 2020). Finally, the paper will research a variety of organisations which offer advocacy services to their members and inquire into the services they provide.

The aim of the first section of this paper is to introduce the subject of Advocacy and demonstrate the benefits of advocacy services.

Newbigging et al (2015) describes an advocate as an individual who strives to reinforce social justice, by representing the views of the unempowered. The author demonstrates the skills needed by an advocate, such as, negotiation and persuasion skills. The author states that these particular skills are utilised by an advocate to bring purposeful change to the well-being of their client. Advocates have the objective of ensuring vulnerable individuals in society, have their voices heard, their views valued, and their rights promoted. The role of an advocate is very diverse and depends heavily on the clients' needs. An advocate can help the client to explore their options and direct them to appropriate sources of information that apply to their case and could be beneficial to them (Goldman et al., 2020). An important aspect of the job role is to represent the views of the client, but to supress personal views accordingly. This ensures that the focus of the matter remains on their client, and their clients' expectations. Additionally, advocates empower individuals to express themselves confidently, even if what they want to say is not deemed conventional or understood by others (Earp et al., 2008).

Similarly, Morariu and Brenan (2009) describe advocates as individuals who aspire to create change. However, the authors acknowledge that economic downturns can have a direct impact on the funding for advocacy services. The authors imply that whilst demand for advocacy services increases, the funding for advocacy services decreases. The authors also note other hardships of the advocacy profession, such as sustainability within organizations. They believe that big wins in advocacy, such as changes in policy, can take up to 20 years. This timeframe can negatively impact the capacity of advocacy organisations and make sustaining funding especially difficult. Similarly, in her detailed study Chapman (2002) highlights the importance of compromise within advocacy campaigns. The author explains that outright victories within advocacy campaigns are not common, and more often than not

compromises are made which can leave advocates wondering if their smaller gains, were actually accordant with their ultimate objective. The author also critiques collaborative working within advocacy services, as she implies it becomes hard to recognise which approach made the most difference.

The purpose of the following section of this paper is to introduce mental healthy advocacy, describe the purpose and research how it can be beneficial to an individual who is being detained under the Mental Health Act 1983.

There are many various fields within the advocacy profession and depending on the type of help an individual requires, will depend on the professional appointed to them. For example, there are professional advocates found in legal, medical, and educational organizations. However, this paper will demonstrate types of advocacies found in social care (Grace, 2001). More precisely, focusing on how advocacy services can help support an individual who is being detained under the Mental Health Act 1983. Individuals being treated under The Mental Health Act 1983 are entitled to an independent mental health advocate. An independent mental health advocate is also known as an IMHA. Independent mental health advocates play a fundamental role in upholding human rights, as they reinforce an individual's right to be treated with respect and dignity by the service providing the individual with care (Appelbaum, 1994). Service providers include professional organisations and any service which provides any form of care. Examples include being treated by emergency services or being under the care of social services.

Rose and Black (1985) suggested that historically, deinstitutionalization has been unsuccessful with patients being discharged from psychiatric wards. The authors suggest that this is due to the lack of after-care services provided, which should've been in place to support the individuals after their discharge. However, in contrast the authors reported that when advocacy and empowerment schemes were in place, individuals were more involved in action to change oppression, more likely to examine their legal rights and had improved perspective about how to deal with their problems.

The vast majority of studies about mental illness, have referred to the stigmatisation of the individuals suffering from psychiatric disorders. For example, studies suggest that individuals with psychiatric disorders find it difficult to secure employment, with employers suggesting that their mental illness might affect their productivity and work ethic. However, previous research has argued that anti-stigma programs can have a profound effect, on reducing the

labelling that mentally ill individuals are subjected to (Corrigan et al., 2011). Similarly, a journal written by Stuart (2016), educates the audience about mentally ill patients being labelled as undesirable and made susceptible to negative cultural stereotyping. The author suggests that dominant groups in society categorize less dominant groups, such as the mentally ill, which results in them being socially devalued. Furthermore, socially devalued individuals become socially and economically deprived, finding it harder to secure education, employment, and housing (Thoits, 2011).

It is now relevant to link sociologist Howard Beckers labelling theory. The theory demonstrates the impact labelling can have on individuals, who have been socially excluded due to their mental illness.

Sociologist Howard Becker developed labelling theory during the 1960's period. Beckers labelling theory proposes that the behaviours of an individual, can be caused by negative labelling that the individual is subjected to, by society. Typically, the labelling comes from majority groups who believe minority groups, do not fit the standard cultural norms of their society. The majority groups often believe that the minority groups display deviant behaviours (Weinstein, 1983). The idea behind the theory is that once a disadvantaged individual is labelled as deviant, the reactions from such stereotyping result in escalating the behaviours that are seen as deviant (Bernburg, 2019). Critics of the labelling theory have implied that Becker's theory fails to acknowledge other factors that cause deviant behaviour, such as the biological and genetic traits of an individual. Critics also imply that Becker's theory does not suggest that individuals should take personal responsibility for their actions (Hargreaves et al., 1975).

The next section of this paper will inform the reader about current legislation, that is in place to protect vulnerable individuals, who suffer with mental illness. Legislations such as the ones spoken about below, are utilised by mental health advocates, to promote the rights of their clients (Hannum, 2019).

The Human Rights Act 1998 legally protects individuals with mental health issues from abuse, by setting out the formalities in which public authorities must comply by law (Bindman et al., 2003). The Human Rights Act 1998 is utilised by professional advocates to protect their clients. The act sets out the legal framework in which by law, local authorities must act in accordance with. The act states that proceedings can be taken against a local authority if an individual has claimed that the authority has acted in a way which is deemed

unlawful (Human Rights Act 1998). The World Health Organization (2005) identifies individuals with mental health as being particularly vulnerable, and subject to violation of their human rights. The Organisation credits the Human Rights Act of 1988 stating that without it, the negative social and economic impact on people with mental disorders, would vastly increase.

The following section of this paper will research another piece of relevant legislation used by advocates to promote the rights of their clients, in accordance with The Human Rights Act 1998.

The Mental Capacity Act 2005 is a law that was created to safeguard vulnerable individuals during decision making processes. The act emphasizes the importance of individuals who have a disability, to still be able to make their own decisions, regardless of their disability. The act consists of 5 main principles which were put in place to protect vulnerable individuals. Principle one consists of always assuming that an individual has the capacity to make a decision, until it is proven otherwise that they cannot. The second principle is to provide support to help the individual decide for themselves. Followed by principle three, which explains that an unwise decision should not be reasoning to assume an individual lacks capacity to make decisions. Principle four states that when an individual cannot decide, and a decision is made on their behalf, then it must be done with accordance to the best interest of the individual. Finally, principle five declares that when a decision is made on the behalf of an individual, the decision must be the least restrictive of their human rights (Mental Capacity Act 2005).

The aim of the next section of this paper is to develop and understanding of a range of advocacy service providers and study their purposes. The charities covered in this section of the paper are Mind Cymru and West Wales Action for Mental Health, both of which provide advocacy services to individuals suffering with poor mental health.

Mind Cymru are a mental health charity in Wales. Their aim is to make mental health services in Wales more accessible, to individuals who struggle with poor mental health. Mind Cymru's goal is to encourage services to improve (through regular campaigns), support individuals in need by providing local workshops, promote a better understanding of mental illness and raise awareness about mental health, in general. Mind Cymru provide local drop-in centres in the community, where individuals in need of support can go to seek help. Services provided by the charity include access to talking therapies, advocacy support,

intervention and crisis support lines, and training schemes which help individuals to secure employment. It is important to note that individuals who do not have access to a Mind Cymru drop-in centre, can still take advantage of their website. The organisations website contains informative information regarding current legislation surrounding mental health and the website also contains useful resources such as online peer support for individuals suffering with poor mental health (Mind, 2023).

West Wales Action for Mental Health is a non-profit organisation which works on a voluntary basis. Their aim is to support mental health organisations, and their members, to improve their services and give a wider range of opportunities to the individuals, their families, and carers. Their website expresses their goals, which include, ending stigma surrounding mental health by challenging it, offering practical support and information, and developing new projects which aim to promote better work practice through training and advice. The charity provides support to organisations to improve their own mental health services. Examples of the support include ideas for fundraising projects and facilitating workshops within local communities (WWAMH, 2023).

The remaining part of this paper proceeds as follows:

In Summary, this paper has investigated the provision of advocacy services and demonstrated the work produced by the advocacy industry. The paper has informed the reader what type of skills are necessary to obtain, in order to become a successful advocate (Goldman et al., 2020). Furthermore, the information processed in this paper, can be used to educate the reader about the benefits of advocacy (Appelbaum, 1994). However, in contrast, this paper has highlighted the downfalls of the industry by enlightening the reader about the hardships of advocacy, such as longevity of cases and reduction in funding. Theory and legislation were also introduced throughout this paper to illustrate the importance of laws and policy within advocacy provision (Weinstein, 1983). Finally, the paper concluded with researching two charitable organizations, Mind Cymru and West Wales Action for Mental Health. Followed by discovering what advocacy services they provide for individuals suffering from poor mental health conditions.