



## HOW TO BE A SUCCESSFUL SELF-ADVOCATE

- Learn from each attempt to speak up for yourself.
- Reach out to others and talk about what you want.
- Try new things and learn from your experiences.
- Show others that you want to be seen as a person; a friend; a peer; and an equal.
- People will respect your Right to make choices. Speak up and tell them what you need.

## REFERENCES

**CA Network of Mental Health Clients**  
[www.californiaclients.org](http://www.californiaclients.org)

**National Empowerment Center**  
[www.power2u.org](http://www.power2u.org)

**Protection & Advocacy, Inc.**  
[www.pai-ca.org](http://www.pai-ca.org)

**Self-Advocacy Resource Network**  
[www.selfadvocacy.org](http://www.selfadvocacy.org)

## SELF-ADVOCACY TIPS

- Self-Advocacy means that people act and speak on their own behalf regarding problems and issues affecting their lives.
- The basic principle of Self-Advocacy is that people can have control over their own lives. They can make their own decisions, solve problems and speak up for themselves.
- You know yourself better than anyone else. You are the person who can best communicate your needs.
- Self-Advocacy is critical to success when communicating with health care providers; in social situations; in the workplace; and with friends and family.
- Know your Rights. Be clear, responsible, realistic and organized. Solve disputes at the lowest possible level.
- Advocates don't get discouraged or let the process frustrate them when solving problems. **BE PERSISTENT.**

San Bernardino County  
Department of Behavioral Health  
Patients' Rights Advocacy Services.

*Be a*  
**SELF-ADVOCATE**  
&  
**SPEAK UP**  
**FOR YOUR RIGHTS!**



**Because NO ONE**  
**Knows Your**  
**Current Life Situation,**  
**History, and Current Needs**  
**Better Than YOU!**