

## Independent Health Complaints Advocacy (IHCA)

Support in raising a complaint when NHS care and treatment hasn't been at the standard you expect

## How we can help

Sometimes things don't go as well as we would expect when we receive care and treatment from the NHS.

When this happens, we have lots of questions: why did this happen? how can it be put right? will it happen to someone else?

The Advocacy People can support you to make a complaint and get answers to your questions. We offer different levels of support. Our self-help Factsheets can guide you through making your own complaint. Or one of our Independent Health Complaints Advocates can work with you from the beginning or at any stage.

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- **Call:** 0330 440 9000
- **Web:** www.theadvocacypeople.org.uk
- **Email:** info@theadvocacypeople.org.uk
- Write: PO Box 375, Hastings, East Sussex, TN34 9HU
- **Text:** 80800 start message with PEOPLE