

# Speak Up 4 My Health



Improving the wellbeing of  
**children, young people and adults with a  
learning disability or autism**  
living in Basingstoke, Andover, & Winchester

**Speakeasy** will help you and your family:



Get the **right support**

Make a **plan** for better physical and mental health



Find **activities and friends**

**Shape the future** of mental health services



Make a referral by contacting us on 01256 423829,  
**[hello@speakeasyadvocacy.org.uk](mailto:hello@speakeasyadvocacy.org.uk)** or visit our website  
**<https://www.speakeasyadvocacy.org.uk/speak-up-4-my-health/>**

