

# ADVOCACY SUPPORT

## CYMRU (ASC)

CYMUNED

### Os ydych chi:

- Yn derbyn gwasanaethau iechyd meddwl uwchradd
- *h.y. Gofal a reolir drwy dim iechyd meddwl cymunedol*
- Yn derbyn triniaeth o seicolegydd neu seiciactrydd
- *Cyn derfyddiwr gwasanaeth sy'n dymuno cael eu hailasesu gan wasanaethau iechyd meddwl ar gyfer gwasanaeth*
- Gleifion mewrol seiciatrig sydd yn dymuno einolaeth o gwmpas tai, budd-daliadau, trefniadau yn y cartref ac ati

Mae ASC yn darparu hyn AM DDIM, yn ANNIBYNNOL a CHYFRINACHOL yn Abertawe, Castell Nedd Port Talbot, Pen Y Bont, Caerdydd a'r Fro, Caerfili, Blaenau Gwent, Torfaen



Gall Eiriolwr helpu chi cael eich dweud am benderfyniadau sy'n effeithio arnoch chi. Bydd Eiriolwr yn eich helpu i ddeall y dewisiadau sydd gennych a chasglu gwybodaeth rydych ei angen.

*Bydd Eiriolwr yn helpu i wneud yn siŵr bod rhywun yn gwrandao arnoch chi, a bod eich hawliau yn cael eu parchu.*

**Dyma sut y gallwch gysylltu â ni os ydych eisiau:**

Gweld Eiriolwr

*Cael gyfnewid rwy*

ASC, Brook House, 2 Lime Tree Court, Mulberry Drive, Cardiff Gate Business Park, Cardiff CF23 8AB

☎ 029 2054 0444  
☎ 029 2073 5620

🌐 [www.ascymru.org.uk](http://www.ascymru.org.uk)  
✉ [info@ascymru.org.uk](mailto:info@ascymru.org.uk)



Mae ASC wedi cael ei arbanu'n rhannol gan Fwrdd Iechyd Lleol Bwrdd Iechyd Prifysgol Abertawe Bro Morgannwg, Bwrdd Iechyd Cwm Taf. Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, Bwrdd Iechyd Addysgu Powys.

*Ascymru Gofnodiadau: 01443 599 444 / Y Cwmnïo: 01443 599 444*

**Gallwch chi geisio am gymorth Einolwr iechyd meddwl allwch eich cefnogi gyda:**

Deall eich hawliau cyfreithiol

Cyfarfoddydd cynllun gofal

Gweld eich cofnodion meddygol

Siarad a staff sy'n rhan o'ch gofal a chymorth

Cwynion a chammoliaeth

Urhryw achosion arall



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COMMUNITY

### If you are:

- Receiving secondary mental health services
- *e.g. Being care managed via a Community Mental Health Team*
- Receiving treatment from a psychologist, or psychiatrist
- A former service user wishing to be reassessed by mental health services for a service
- A psychiatric inpatient requiring advocacy around housing, benefits, domestic arrangements etc

ASC is providing this **FREE, INDEPENDENT and CONFIDENTIAL** service in Swansea, Neath Port Talbot, Bridgend, Cardiff and the Vale, Caerphilly, Blaenau Gwent, Torfaen



An Advocate can help you to have your say about decisions that affect you.

An Advocate will help you to understand what choices you have and get information you need.

An Advocate will help to make sure that you are listened to and that your rights are respected.

This is how you can get in touch if you

want to:

See an Advocate

Find out more

Tell us what you think about our service

ASC, Brook House, 2 Lime Tree Court, Mulberry Drive,  
Cardiff Gate Business Park, Cardiff CF23 8AB



029 2054 0444



029 2073 5620



[www.ascymru.org.uk](http://www.ascymru.org.uk)



[info@ascymru.org.uk](mailto:info@ascymru.org.uk)

AN  
ADVOCATE CAN  
BE THERE FOR  
YOU

ASC is part funded by Abertawe Bro Morgannwg Local Health Board, Cwm Taf Health Board, Cardiff and the Vale University Health Board, Powys Teaching Health Board

Registered Charity No: 1131199

Company No: 27534276

You can request the support of a  
**Mental Health Advocate**  
who can support you with:

Understanding your legal rights

Care plan meetings

Accessing your medical records

Talking to staff involved in your

care and support

Complaints and compliments

Any other concerns

