



Our goal is to make **it easier** for you **to communicate**.

This is done in a number of different ways.

An advocate can support you to...



Speak up



Write letters



Attend meetings

or they can do these things on your behalf.

The advocate **will not** tell you what to...



Think



Do



Say

and they will **only do what you tell them to.**

Get in contact with us



Advocacy Support Cymru
Under 18s

029 2054 0444
info@ascymru.org.uk
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ASC Advocacy Support Cymru
Empowering People to Speak Out

ADVOCACY UNDER 18s



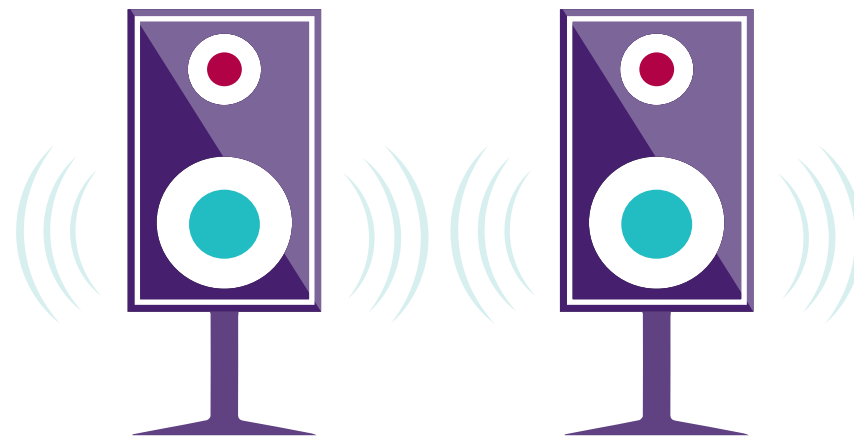
If you are involved with **CAMHS** you can get an **ASC advocate** to **help you speak up** about the things that are **important to you.**

Advocates can:

ADVOCACY Independent - Confidential - Free
UNDER 18s



Give you information about your rights or the rules that affect you.



Ensure that your questions are heard and that you are given answers.



Help you to understand the options that you have so that you are able to make your own decisions.

Make sure that you are able to say what you want so that your views are given proper attention.

