

Community Advocacy

You can request the support of a Mental Health Advocate if you are

- Receiving secondary mental health services. Your care will typically be managed by a Community Mental Health Team (CMHT)
- A psychiatric inpatient and require advocacy not medication or treatment related
- Wishing to be reassessed by a CMHT for secondary services if your case has been closed within the last three years



Advocacy Support Cymru (ASC) provides free, independent and confidential advocacy



We can help you with...

Understanding your legal rights

Care plan meetings



Accessing your medical records

Talking to care staff



Complaints and compliments

Any other concerns



Get in touch today to



Advocacy Support Cymru (ASC)

Charterhouse 1, Links Business Park,
Fortran Road, St Mellons,
Cardiff, CF3 0LT

Tel: 029 2054 0444

Fax: 029 2073 5620

Email: info@ascymru.org.uk

www.ascymru.org.uk



Eiriolaeth Gymunedol

Gallwch wneud cais am gefnogaeth Eiriolwr Iechyd Meddwl os ydych yn

- Derbyn gwasanaethau iechyd meddwl eilaidd. Fel arfer caiff eich gofal ei reoli gan Dîm Iechyd Meddwl Cymunedol (CMHT)
- Claf mewnol seiciatrig ac sydd angen eiriolaeth heb fod yn gysylltiedig â meddyginiaeth neu driniaeth
- Dymuno cael eich asesu gan CMHT ar gyfer gwasanaethau eilaidd os cafodd eich achos ei gau o fewn y tair blynedd ddiwethaf



Mae Cefnogaeth Eiriolaeth Cymru (ASC) yn rhoi eiriolaeth annibynnol a chyfrinachol yn rhad ac am ddim



Gallwn eich helpu gyda...

Deall eich hawliau cyfreithiol

Cyfarfodydd cynllunio gofal



Cael mynediad i'ch cofnodion meddygol

Siarad gyda staff gofal



Cwynion a chanmoliaeth

Unrhyw bryderon eraill



Cysylltwch gyda ni heddiw i gael



Cefnogaeth Eiriolaeth Cymru (ASC)

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Caerdydd, CF3 0LT

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