

## We are ...

### Independent

From statutory organisations and designed and operated in a way which is free from conflict of interest.

### Confidential

What you tell us, stays with us within the boundaries of our confidentiality policy.

### Non-judgemental

We don't judge anyone, you are who you are and we accept that everyone is different

### Free

There is no charge to clients for any of our services.

## How can I find out more?

You can contact us by telephone **01248 670 450** or email [advocacy@mhas.co.uk](mailto:advocacy@mhas.co.uk) to make a referral.

We operate from different locations and can usually meet you at one of our regular bases or in another mutually convenient location.

At times we do have a waiting list but we try our best to make an appointment for everyone as quickly as we can.

## As you work with your advocate you will find that they.....

will listen to your worries and problems and work alongside you to achieve what you want

won't rush, some advocacy work can only take a matter of minutes, some can take longer.

are a valuable source of information and can help you to feel empowered to think about the choices you have with regards to many issues including:- housing, health and social care, benefits and more.

won't do anything you don't want and won't tell you what to do.



Contact us:-

☎ 01248 670 450

✉ [advocacy@mhas.co.uk](mailto:advocacy@mhas.co.uk)

💻 [www.advocacyscheme.co.uk](http://www.advocacyscheme.co.uk)

**A friendly, free service set up to help people who have mental health and wellbeing difficulties to have access to independent and confidential advocacy across Anglesey and Gwynedd**

## An advocate could help you...

- ✓ Think through the choices you have and which matter to you.
- ✓ Talk through what actions you may wish to follow and any possible consequences
- ✓ Speak up for yourself or, if you'd prefer, they can speak on your behalf
- ✓ Represent your views when you ask them to
- ✓ Help you to access other agencies and services and to accompany you if needed
- ✓ Challenge Discrimination
- ✓ Promote your independence
- ✓ Understand the advocates role
- ✓ Take more control of your life



## Rydym yn

### Annibynnol

ar gyfrif statudol ac wedi ein cynllunio a'n gweithredu mewn ffordd sy'n rhydd o wrthdaro buddiannau.

### Cyfrinachol

Mae'r hyn fyddwch chi'n ei ddweud wrthon ni'n aros efo ni o fewn ffiniau ein polisi cyfrinachedd

### Anfeirniadol

Fyddwn ni ddim yn barnu neb, chi ydych chi ac rydyn ni'n derbyn fod pawb yn wahanol.

### Am ddim

Mae ein gwasanaethau i gyd am ddim i'n cleientiaid

## Sut allaf i gael mwy o wybodaeth?

Gallwch gysylltu â ni ar y ffôn **01248 670450** neu ar e-bost [advocacy@mhas.co.uk](mailto:advocacy@mhas.co.uk) i wneud cyfeiriad.

Rydym yn gweithredu o wahanol leoliadau a gallwn eich cyfarfod yn un o'n safleoedd neu mewn lle cyfleus arall.

Ar adegau bydd gennym restr aros, ond byddwn yn gwneud ein gorau i drefnu apwyntiad i bawb cyn gynted ag sydd bosib



## Wrth i chi weithio gyda'ch eiriolwr fe welwch eu bod yn.....

gwrando ar eich pryderon a'ch problemau ac yn gweithio ochr yn ochr â chi i gyflawni'r hyn rydych chi ei eisiau

wnân nhw ddim eich brysio; gall eirolaeth weithiau gymryd dim ond munudau neu gall gymryd mwy o amser.

mae'n ffynhonnell gwybodaeth werthfawr a gall helpu i'ch grymuso i feddwl am y dewisiadau sydd gennych o ran nifer o faterion, yn cynnwys – tai, iechyd a gofal cymdeithasol, budd-daliadau a mwy.

wnân nhw ddim byd na fyddwch chi eisiau ei wneud a wnân nhw ddim dweud wrthych chi beth i'w wneud.



Cysylltwch a ni:-

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## Gwasanaeth cyfeillgar, am ddim i helpu pobl sydd ag anawsterau iechyd meddwl a lles i gael mynediad at eiriolaeth annibynnol a chyfrinachol yn Ynys Môn ac yng Ngwynedd

### Gallai eiriolwr eich helpu i....

- ✓ Ystyried y dewisiadau sydd gennych chi a pha rai sy'n bwysig i chi
- ✓ Trafod y camau yr hoffech eu cymryd ac unrhyw ganlyniadau posibl
- ✓ Siarad drosoch eich hun ac os y dymunwch, gallant siarad ar eich rhan
- ✓ Cynrychioli eich barn chi pan ofynnwch chi iddyn nhw
- ✓ Cael mynediad at asiantaethau a gwasanaethau eraill ac i fod efo chi os bydd angen
- ✓ Herio gwahaniaethu
- ✓ Hyrwyddo eich annibyniaeth
- ✓ Deall rôl yr eiriolwr
- ✓ Cael mwy o reolaeth o'ch bywyd eich hun

