

You have the right to speak to an advocate.

The advocate works for a charity, not the hospital or social services.

The advocate works for you.

You do not pay for this, the service is free.

Your advocate will not talk to anyone else about you unless you agree, except if you or someone else might get hurt.

The advocate will support you.

Your advocate will:

- **Listen to you**
- **Find out information for you about your care and treatment**
- **Help you to say what you want to say**
- **Help you to decide what you want to do**
- **Come to meetings with you**
- **Help you to understand your legal rights**
- **Help you if you want to complain**

CARMARTHEN OFFICE

1st Floor
59 King Street
Carmarthen
Carmarthenshire
SA31 1BA

HAVERFORDWEST OFFICE

36/38 High Street
Haverfordwest
Pembrokeshire
SA61 2DA

Website

www.advocacywestwales.org.uk

Phone

01267 223197 / 01437 762935

YOUR ADVOCATE IS:



Advocacy West Wales
Eiriolaeth Gorllewin Cymru

A voice when you need it most
Llais pan fydd ei angen arnoch fwyaf

**CALL 01267 223197 IF YOU
ARE IN CARMARTHENSHERE
OR**

**CALL 01437 762935 IF YOU
ARE IN PEMBROKESHIRE OR CEREDIGION**