



Community Advocacy

 mind Cwm Taf Morgannwg

What is Advocacy?

Advocacy means getting support from another person to help you express your views and wishes, and to help make sure your voice is heard.

Someone who helps you in this way is called your advocate.

Unfortunately, having a mental health problem can sometimes mean that your opinions and ideas are not always taken seriously, or that you are not always offered all the opportunities and choices you would like. This can be difficult to deal with, especially when you need to communicate regularly with health care professionals, or other professionals.

- ✓ We can act as “your voice”
- ✓ We will express your “point of view”
- ✓ We will assist you to exercise your rights
- ✓ We will give you the information you need
- ✓ We will help you reach your goals towards recovery

“I couldn’t have done it without the advocate. She has supported me through a very difficult process and made it easier. She has been there every step of the way and her attitude towards mental health is so accepting, she never judged me. The advocate has been an angel. I am so grateful for the support that I have received.”

About Advocacy

Advocacy

Our aim of the Advocacy Project is to support you to take active steps towards mental and emotional wellbeing, recovery and achieving your own personal goals.

Overview of the project

To assist you to resolve any issues or difficulties you are experiencing which may impact on your mental or emotional wellbeing. The advocate will support you to ensure that you receive the best possible treatment and care and access to appropriate support services



Access to the Service

Cwm Taf Morgannwg Mind Advocacy Service is available to people living within the Merthyr Tydfil and Rhondda Cynon Taf areas who experience mental or emotional health difficulties and their family, friends and carers.

“The advocacy service has been really beneficial. I feel that I have actually been listened to and taken seriously since the advocate has been supporting me. She was so reliable, really good.”

What does an advocate do?

How our advocate helps you is up to you – they're there to support your choices.

An advocate will:

- listen to your views and concerns,
- help you explore your options and rights (without advising you in any particular direction),
- give you information to help you make informed decisions,
- help you contact relevant people, or contact them on your behalf,
- accompany and support you in meetings or appointments.

An advocate will not:

- give you their personal opinion,
- solve problems and make decisions for you,
- make judgements about you.

Cwm Taf Morgannwg Mind

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