

Conwy And Denbighshire Mental Health Advocacy Service



CADMHAS

An independent, confidential and free
advocacy service for adult mental
health service users in Conwy and
Denbighshire

01745 813999



Are you struggling to find your way
through mental health services?

Having difficulty deciding on the right path?

Our advocates can:

- Listen to your concerns
- Give you information about your rights, mental health law, benefits, housing issues, managing debt and much more
- Help you to complain if you are unhappy about any part of your care or treatment
- Help you to access advice and guidance agencies such as welfare rights and Citizens Advice Bureaux
- Help you to think through what options you have and to make decisions



These are only some
of the things we can
help you with.

**Don't
struggle
alone - give
us a call!**



Charity number 1128582

The service is...

*Free
Independent
Confidential
Non-judgemental*



If you think CADMHAS could help
you, or you would like more information,
please contact us at:

**Unit 94
Bowen Court
St. Asaph Business Park
Denbighshire
LL17 0JE**

Phone: 01745 813999
Email: admin@cadmhas.co.uk
website: www.cadmhas.co.uk



Company Limited by Guarantee number 06684259

Gwasanaeth Eirioli Iechyd Meddwl Conwy a Sir Ddinbych



Gwasanaeth eirioli annibynnol
cyfrinachol a di-dâl i oedolion sy'n
defnyddio gwasanaethau iechyd
meddwl yng Nghonwy
a Sir Ddinbych

01745 813999



A ydych yn cael trafferth i ffeindio eich
ffordd trwy wasanaethau iechyd meddwl?

Yn ei chael yn anodd penderfynu pa un
yw'r llwybr iawn?

Gall ein heiriolwyr:

- Gwrando ar eich pryderon
- Rhoi gwybodaeth ichi am eich hawliau,
cyfraith iechyd meddwl, budd-daliadau,
materion tai, rheoli dyled a llawer mwy
- Eich helpu i gwyno os ydych yn
anfodlon ar unrhyw ran o'ch gofal
neu'ch triniaeth
- Eich helpu i gael mynediad i
asiantaethau cyngor a chyfarwyddyd
megis swyddfeydd hawliau lles a
Chanolfannau Cyngor Ar Bopeth
- Eich helpu i feddwl am yr
opsynau sydd gennych ac i wneud
penderfyniadau

Gallwn eich helpu gyda
llawer mwy.

**Peidiwch ag
ymdrechu ar ben
eich hun - rhowch
ganiad i ni!**

Rhif Elusen Cofrestredig 1128582

Mae'r gwasanaeth yn...

*Di-dâl
Annibynnol
Cyfrinachol
Anfeirniadol*

Os ydych yn credu y gallai CADMHAS
eich helpu, neu os hoffech chi gael
mwy o wybodaeth cysylltwch â ni yn:

**Unit 94
Cwrt Bowen
Parc Busnes Llanelwy
Sir Ddinbych
LL17 0JE**

Ffon: 01745 813999
Ebost: admin@cadmhas.co.uk
Ar y we: www.cadmhas.co.uk

Rhif Cwmni Cyfyngedig Drwy Warant 06684259