



Our service is...

- Free
- Independent
- Confidential
- Non-judgemental

If you think CADMHAS could help you, or if you would like more information, please contact us.

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

Charity Number 1128582

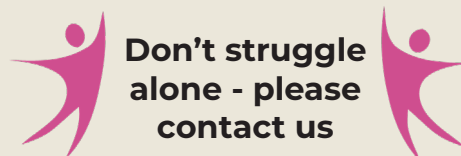
Company Limited by Guarantee
Number 06684259

How can an advocate help you?

If you're having difficulty deciding on the right path, our advocates can:

- Listen to your concerns and help you to put forward your views about issues that affect you.
- Support you to explore your options by providing you with information about your rights with issues relating to health, mental health, housing and much more
- Signpost you to other services such as Citizens Advice Bureaux, welfare rights, Llais and other support services.
- Empower you by providing you with support and information about how to self-advocate or access further support for any future challenges.

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



**Eiriolaeth Iechyd
Meddwl Cymunedol**



**Community Mental
Health Advocacy**

An independent, confidential and free advocacy service for adult with mental health needs, who live in Conwy and Denbighshire



01745 813999



www.cadmhas.com



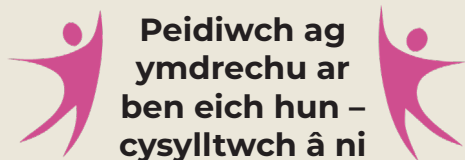
admin@cadmhas.co.uk

Sut gall eiriolwr eich helpu chi?

Os ydych yn cael anhawster i benderfynu ar y llwybr cywir, gall ein heiriolwyr:

- Gwrando ar eich pryderon a'ch helpu chi i fynegi eich barn am faterion sydd yn effeithio chi.
- Eich helpu (neu eich cefnogi) i archwilio eich opsiynau trwy ddarparu gwybodaeth i chi am eich hawliau gyda materion yn ymwneud ag iechyd, iechyd meddwl, tai a llawer mwy
- Eich cyfeirio at wasanaethau eraill fel Canolfannau Cyngor ar Bopeth, hawliau lles, Llais a gwasanaethau cymorth eraill.
- Grymuso chi drwy roi cymorth a gwybodaeth i chi am sut i hunan-eirioli neu gael mynediad at gymorth pellach ar gyfer unrhyw heriau yn y dyfodol.

Gallwn eich helpu gyda'r uchod a llawer mwy.



Mae ein gwasanaeth yn...

- Di-dâl
- Annibynnol
- Cyfrinachol
- Anfeirniadol

Os ydych yn credu y gallai CADMHAS eich helpu, neu os hoffech gael mwy o wybodaeth, mae bob croeso i chi cysylltu â ni.

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

Rhif Elusen Cofrestredig
1128582

Cwmni Cyfyngedig trwy Rif
Gwarant 06684259

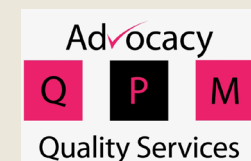


**Eiriolaeth Iechyd
Meddwl Cymunedol**



**Community Mental
Health Advocacy**

Gwasanaeth eiriolaeth sy'n annibynnol, cyfrinachol a di-dâl i oedolion gydag anghenion iechyd meddwl ac yn byw yng Nghonwy a Sir Ddinbych



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