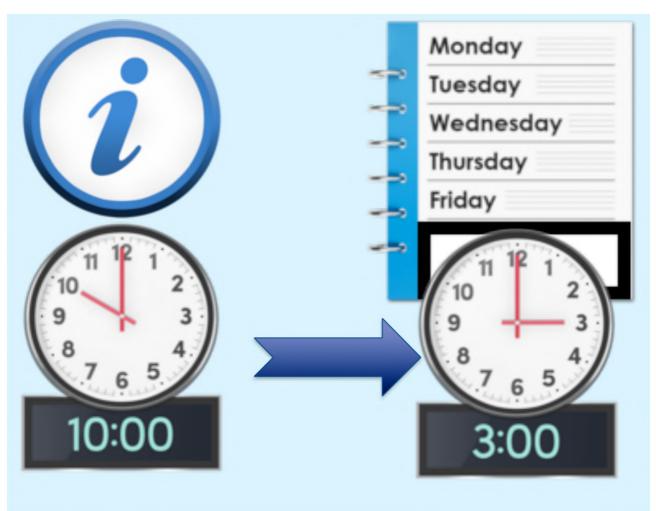


### Call The Free Advocacy Helpline 0808 801 0566.









"My advocate really listened and helped me feel included in what was happening".

"They understood the system and gave me the confidence to be involved and speak up"



How can an advocate help?

- They are there for you and will take your side
- Help you to find and understand information
- Help you to think about your options and make your own choices and decisions
- Make sure your views, wishes and feelings are listed to and fully considered
- Speak on your behalf when you want them to





## Is the advocacy helpline for me?

Are you.....



Do you live .....



Do you have learning disabilities or are you a carer?





# What happens when I contact the helpline?





### We will ask you:

- to describe your situation and
- provide some information about yourself



#### We will give you:

- information about advocacy and we may
- refer you to an advocacy service



Call Free 0808 801 0566

www.gata.cymru