

**CARMARTHEN OFFICE**

First Floor  
59 King Street  
Carmarthen  
Carmarthenshire  
SA31 1BA

**HVERFORDWEST OFFICE**

36/38 High Street  
Haverfordwest  
Pembrokeshire  
SA61 2DA

Website: [www.advocacywestwales.org.uk](http://www.advocacywestwales.org.uk)

**YOUR ADVOCATE IS:**



**Call 01267 223197 if you are in  
Carmarthenshire**

**Call 01437 762935 if you are in  
Pembrokeshire or Ceredigion**

**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.**

