



# About Me

## Advocacy Support

### What is Advocacy?

You have the rights at any age and it is important you know what they are.

Did you know you have the right to speak up for yourself when adults are making decisions for you?

Advocacy will support you and make sure that your voice is heard when decisions affecting you are being made.

### So what will an Advocate do?

- Help you speak up for yourself or speak on your behalf if that's what you want.

- Listen to your concerns or worries and help you to act on them.
- Be open and honest with you.
- Help you challenge decisions
- Help you prepare for meetings
- Explain to adults how you are feeling.
- Explain to you what is happening and what is planned to happen.
- Help you to sort out a problem if you are thinking of making a complaint, a claim about discrimination or an appeal.

An Advocate will not:

- Judge you
- Tell you what to do
- Talk to anyone else without your permission.

### How to get support?

You can speak to your family, school, youth worker or social worker about getting an Advocate.

You can also contact SNAP Cymru directly and speak to a Family and Young Persons Officer.

<https://www.snapcymru.org/info-advice/>



### NYAS

[www.nyas.net](http://www.nyas.net)

The helpline is open 09:00 to 18:00 Monday to Friday (excluding Bank Holidays). You can contact them by:

- Freephone helpline 0808 8081001 – please note that some mobile networks may charge the same as a landline charge to connect to 0808 numbers.
- Email [help@nyas.net](mailto:help@nyas.net)
- Write to 'FREEPOST NYAS'
- Request a call back

