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**For Immediate Release**

Mental Health Matters Wales secures Welsh Government funding to help aid Mental Health Recovery due to the pandemic which will help support the communities of Bridgend, Neath Port Talbot and Swansea through advocacy.

The funding from Welsh Government will allow Mental Health Matters Wales to assist individuals who, due to the pandemic may be anxious, finding it stressful, lack confidence or suffering emotional distress which is hindering their ability to have their voice heard in relation to matters of work, finance, housing and health.

The advocacy service aims to help people understand their rights and express their views by helping them have their voice heard. The advocates will listen to individual's views and concerns, be non-judgemental, provide information and support to enable people to explore their options and helping them communicate their thoughts needs and wishes.

In practice this can help by explaining the contents of letters and supporting individuals to write responses or to make phone calls in relation to debts caused due to the pandemic and furlough or redundancy. Support can also include help with filling in forms, or accompanying individuals to appointments with work (with employers consent), other agencies i.e. social services, housing providers and signposting to other support agencies where appropriate.

The service can be accessed between Monday – Thursday 9am – 5pm and Friday 9am – 4:30pm by calling 0300 10 249 70 or emailing [cas@mhmwales.org](mailto:cas@mhmwales.org). Further information can be found on the Mental Health Matters Wales website [www.mhmwales.org.uk](http://www.mhmwales.org.uk).