



MENTAL HEALTH RIGHTS IN RENTING

**A guide about your legal
rights in Wales.**

You can't be refused a home, or treated less favourably in renting, because of your mental health.

You cannot be evicted because of your mental health. If you think an eviction notice has been influenced by your mental health, you can challenge this.

If your tenancy is affected by your mental health, your landlord or letting agent should make reasonable adjustments to help you.

You do not have to tell your landlord or letting agency about your mental health (but it may help you access support if you do tell them).



Help with understanding and communicating your rights.

This guide is about knowing your rights. The services listed here will support you to understand and access your rights when renting. For support with your mental health, see our guide called 'Mental Health Support for Tenants.'

Important points to remember

- If you feel able, let your landlord or letting agency know about your mental health needs. This will help them to support you.
- **Agree on the best way for your landlord or letting agency to contact you - phone, text or in person.**
- If you feel you cannot speak to your landlord or letting agent about your mental health, ask someone for help. For example, your GP could write a letter to your landlord.
- **If you feel your mental health is getting worse, reach out for support as soon as possible.**

Other useful information:

Your Doctor

Go to see your GP (your Doctor) if your mental health is affecting your life. They can help in lots of ways. They can offer treatments or access to therapy / counselling. They can write a letter to explain about your mental health.

You do not have to tell anyone you have seen the Doctor about your mental health. You can choose which support you accept, and who you tell about this support. Seeing your GP will not impact your work or your benefits - your GP will not tell anyone.

If you're feeling really low and need to talk, you can call the Samaritans for free on 116 123 or C.A.L.L. mental health helpline for Wales (text or phone) on 0800 448 0828.

If you are in immediate danger, call 999

Useful contacts

The Champions Network
anna@taipawb.org
07788 901919
www.taipawb.org/prs

TPAS Cymru
www.tpas.cymru
029 2023 7303 or 01492 593046
eleanor@tpas.cymru

Citizen's Advice
0800 702 2020
www.citizensadvice.org.uk/wales
Enter your post code into the search bar to get contact details for your nearest Citizen's Advice.

Shelter
www.sheltercymru.org.uk/get-help
08000 495 495

Your Local Council
Write 'housing support' then the name of your local council in the search bar. It will be the first result.
Newport: 01633 656656
Torfaen: 01495 766949
Blaenau Gwent: 01495 354681
Caerphilly: 01443 864548 or text HOUSUPPORT to 81400
Monmouthshire: 01633 740730

Your mental health is not your fault, and it shouldn't be the reason you lose your home.

#rentalhealthcymru



HAWLIAU IECHYD MEDDWL A RHENTU

**Canllaw yn trafod eich hawlau
cyfreithiol yng Nghymru**

Ni ellir gwrthod rhoi cartref i chi, neu eich trin yn llai ffafriol yn gysylltiedig â rhentu, oherwydd eich iechyd meddwl.

Ni ellir eich troi allan o'ch cartref oherwydd eich iechyd meddwl. Os ydych chi'n credu bod gorchymyn troi allan wedi'i ddylanwadu arno gan eich iechyd meddwl, gallwch herio hyn.

Os yw eich iechyd meddwl yn effeithio ar eich tenantiaeth, dylai eich landlord neu asiant gosod eiddo wneud addasiadau rhesymol i'ch helpu chi.

Nid oes rhaid ichi ddweud wrth eich landlord neu asiantaeth gosod eiddo am eich iechyd meddwl (ond gallai eich helpu i gael gafael ar gefnogaeth os dywedwch wrthyn nhw).



Help gyda deall a chyfleu eich hawliau.



Tips defnyddiol

- Os teimlwch eich bod yn gallu, gadewch i'ch landlord neu asiantaeth gosod eiddo wybod am unrhyw anghenion sy'n ymwneud â'ch iechyd meddwl. Bydd hyn yn eu helpu nhw i'ch cefnogi chi.
- **Cytunwch ar y ffordd orau i'ch landlord neu asiantaeth gosod eiddo gysylltu â chi – ar y ffôn, neges testun, neu wyneb yn wyneb.**
- Os teimlwch na allwch chi siarad gyda'ch landlord neu asiant gosod eiddo am eich iechyd meddwl, gofynnwch am help gan wasanaeth cefnogaeth. Er enghraifft, gallai eich meddyg teulu ysgrifennu llythyr i'ch landlord.
- **Os teimlwch fod eich iechyd meddwl yn mynd yn waeth, estynnwch allan am gefnogaeth cyn gynted â phosibl.**

Gwybodaeth ddefnyddiol arall

Eich Meddyg

Ewch i weld eich meddyg teulu (GP) os yw eich iechyd meddwl yn effeithio ar eich bywyd. Maen nhw'n gallu helpu mewn llawer o ffyrdd. Maen nhw'n gallu cynnig triniaethau neu fynediad at therapi / cwnsela. Maen nhw'n gallu ysgrifennu llythyr i egluro ynghylch eich iechyd meddwl. Nid oes rhaid ichi ddweud wrth neb eich bod wedi gweld y Meddyg am eich iechyd meddwl. Gallwch ddewis pa gefnogaeth i'w dderbyn, ac wrth bwy rydych yn sôn am y gefnogaeth hon.

Cysylltiadau defnyddiol

Y Rhwydwaith Pencampwyr

anna@taipawb.org

07788 901919

www.taipawb.org/prs

TPAS Cymru

www.tpas.cymru

029 2023 7303 neu 01492 593046

eleanor@tpas.cymru

Cyngor ar Bopeth

0800 702 2020

www.citizensadvice.org.uk/wales.

Nodwch eich cod post yn y bar chwilio i gael manylion cysylltu ar gyfer eich Cyngor ar Bopeth agosaf.

Shelter

www.sheltercymru.org.uk/get-help

08000 495 495

Eich Cyngor Lleol Ysgrifennwch 'cefnogaeth

tai' yna enw eich cyngor lleol yn y bar chwilio. Eich cyngor lleol chi fydd y canlyniad cyntaf.

Casnewydd: 01633 656656

Torfaen: 01495 766949

Blaenau Gwent: 01495 354681

Caerffili: 01443 864548 neu anfonwch neges testun yn dweud HOUSUPPORT i 81400

Sir Fynwy: 01633 740730

Os ydych chi'n teimlo'n isel iawn ac angen siarad, gallwch ffonio'r Samariaid am ddim ar 116 123 neu'r llinell gymorth iechyd meddwl ar gyfer Cymru, C.A.L.L. (neges testun neu ffôn) ar 0800 448 0828. Os ydych mewn perygl enbyd, ffoniwch 999

Nid eich bai chi yw eich iechyd meddwl ac ni ddylai fod yn rheswm i chi golli eich cartref.

#IechydRhentuCymru