

Mental Health, Mental Capacity: About BIHR and our work

Accessible mini guide

The British Institute of Human Rights (BIHR) is an independent charity working to bring human rights to life here at home.

We empower people to:



know what human rights are (and often what they are not)



use human rights in practice to achieve positive change in everyday life without going to the courts, and



to make sure those in power **respect** and progress our human rights laws and systems



At the heart of everything we do is a commitment to making sure the international promise of the Universal Declaration of Human Rights, developed after the horrors of World War II, is made real here at home.

We want to achieve a society where:



human rights are respected



human rights are at the heart of our democracy



the communities we live in value the equal dignity of each person



BIHR has been working on human rights in healthcare for over 15 years, training 1000s of people from NHS trusts, social services, and voluntary organisations to use human rights to make a difference.

BIHR would like to thank the Department of Health for their grant which supported the production of this mini guide. BIHR would also like to thank all the organisations and individuals who helped to produce this mini guide, particularly the Human Rights Leads from our partner organisations for their ideas, advice and guidance.

More information on our partners is on the next page.



BIHR's mini guides aim to empower people to have their rights respected. If any of our mini guides have helped you to use human rights, we would love to hear your story. You can contact us by emailing info@bihr.org.uk

About this mini guide

This mini guide series is written by The British Institute of Human Rights (BIHR), in partnership with six other organisations:



n|compass Advocacy Service



These organisations are working with BIHR on a project called 'Care and Support: A Human Rights Approach to Advocacy'.



This project aims to make sure people with mental health and capacity issues have more **control over decisions** about their treatment,



and to make sure they are **treated with dignity and respect**.



The project is funded by the Department of Health, so the information in this mini guide focuses on English law and bodies.

Finding your way around our mini guides

This factsheet is one of ten mini guides about your human rights.

- 1 Mental Health, Mental Capacity: What are human rights?

- 2 Mental Health, Mental Capacity: How are my human rights protected?

- 3 Mental Health, Mental Capacity: Who has duties to uphold my human rights?

- 4 Mental Health, Mental Capacity: My right to life

- 5 Mental Health, Mental Capacity: My right to be free from inhuman or degrading treatment

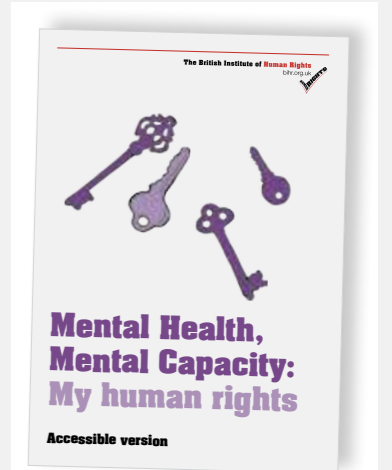
- 6 Mental Health, Mental Capacity: My right to liberty

- 7 Mental Health, Mental Capacity: My right to respect for private and family life, home and correspondence

- 8 Mental Health, Mental Capacity: My right to be free from discrimination

- 9 Mental Health, Mental Capacity: How can I use my human rights?

- 10 Mental Health, Mental Capacity: About BIHR and our work



The information in these factsheets is taken from a booklet called 'Mental Health, Mental Capacity: My human rights.'

You can get a copy of the booklet by contacting BIHR or visiting our website: www.bihr.org.uk/health

info@bihr.org.uk
0207 882 5850

This factsheet is to help you understand your rights. It is not legal advice.

The rights protected by our Human Rights Act:



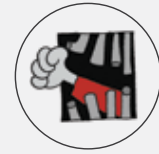
Right to life
(Article 2)



Right not to be tortured or treated in an inhuman or degrading way
(Article 3)



Right to be free from slavery or forced labour
(Article 4)



Right to liberty
(Article 5)



Right to a fair trial
(Article 6)



Right not to be punished for something which wasn't against the law when you did it
(Article 7)



Right to respect for private and family life, home and correspondence
(Article 8)



Right to freedom of thought, conscience and religion
(Article 9)



Right to freedom of expression
(Article 10)



Right to freedom of assembly and association
(Article 11)



Right to marry and found a family
(Article 12)



Right not to be discriminated against in relation to any of the human rights listed here
(Article 14)



Right to peaceful enjoyment of possessions
(Article 1, Protocol 1)



Right to education
(Article 2, Protocol 1)



Right to free elections
(Article 3, Protocol 1)



Abolition of the death penalty
(Article 1, Protocol 13)