

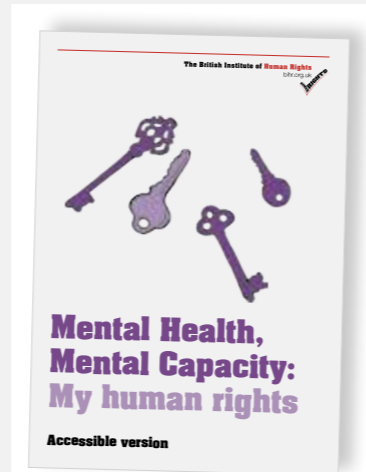
# **Mental Health, Mental Capacity: How can I use my human rights?**

**Accessible mini guide**

# 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?  
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- 2 Mental Health, Mental Capacity: How are my human rights protected?  
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- 3 Mental Health, Mental Capacity: Who has duties to uphold my human rights?  
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- 4 Mental Health, Mental Capacity: My right to life  
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- 5 Mental Health, Mental Capacity: My right to be free from inhuman or degrading treatment  
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- 6 Mental Health, Mental Capacity: My right to liberty  
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- 7 Mental Health, Mental Capacity: My right to respect for private and family life, home and correspondence  
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- 8 Mental Health, Mental Capacity: My right to be free from discrimination  
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- 9 Mental Health, Mental Capacity: How can I use my human rights?  
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- 10 Mental Health, Mental Capacity: About BIHR and our work  
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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](http://www.bihr.org.uk/health)

[info@bihr.org.uk](mailto:info@bihr.org.uk)  
0207 882 5850

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

# How can I use human rights?

**You can use human rights to challenge decisions about your care or treatment that really affect you.**



More information about how to do this in our booklet called 'Mental Health and Mental Capacity: Raising a Human Rights Issue'.




Download your free copy from [www.bihr.org.uk/health](http://www.bihr.org.uk/health) or to request a copy you can email us at [info@bihr.org.uk](mailto:info@bihr.org.uk) or call 020 7882 5850

# Where can I get more help?


If you need some advice or support about your human rights, below are some organisations who can help with this:

## Liberty

Human rights and civil liberties organisation Liberty run a public helpline for three afternoons a week. Contact them by phone or online.


 [www.liberty-human-rights.org.uk](http://www.liberty-human-rights.org.uk)

 0845 123 2307      020 3145 0461


 Monday and Thursday 6.30 p.m. to 8.30 p.m, Wednesday 12.30 p.m. to 2.30 p.m.

## Citizens Advice

Provide advice in person, over the phone and by web chat.

 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Find your local Citizens Advice

 Advice: 03444 111 444      Text phone: 03444 111 445

## Advice UK

This is not an advice giving organisation but has a directory of advice services. Find a service on their website.


 [www.adviceuk.org.uk](http://www.adviceuk.org.uk)

## Local Healthwatch

Find your Local Healthwatch through Healthwatch England

 [www.healthwatch.co.uk/find-local-healthwatch](http://www.healthwatch.co.uk/find-local-healthwatch)

 0845 123 2307      03000 683 000

 Monday to Friday, 8:30 a.m. to 5:30 p.m.

## The rights protected by our Human Rights Act:



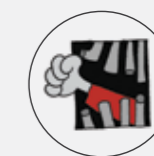
Right to life  
(Article 2)



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)