

**“Understanding that people have rights has changed the way we have discussions and make decisions.”**



Health worker

## Find out more

BIHR has made some booklets about your human rights. There is an accessible booklet about your rights and mental health, and a booklet about learning disability and autism.



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## Get in touch



To get free copies of our booklets, or to find out more about our work, contact us:

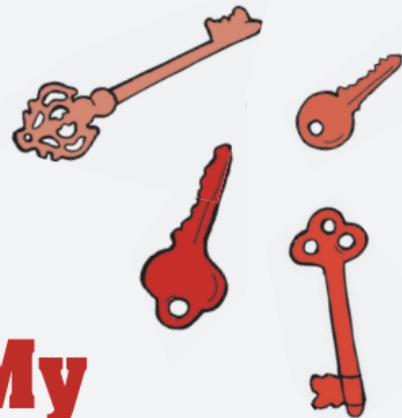
-  [www.bihar.org.uk](http://www.bihar.org.uk)
-  0207 882 5850
-  [info@bihr.org.uk](mailto:info@bihr.org.uk)
-  @BIHRhumanrights

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If you need help or advice, you can call a helpline run by Liberty on 0203 145 0461.

Registered charity number 1101575

The British Institute of **Human Rights**  
bihr.org.uk  

# My human rights

## Accessible version

# 5 things about human rights

1. Everyone has human rights
2. Human rights are about how you should be treated
3. The Human Rights Act is a law protecting your rights in the UK
4. People working in public services must respect your rights
5. You can use human rights to talk to them about your care or treatment

**“Human rights are things I should have access to simply because I am a human being”**



Cath, uses mental health services

# 5 important rights in the Human Rights Act



**Right to life**



**Right to be free from inhuman or degrading treatment** (your safety)



**Right to liberty**



**Right to respect for private and family life** (your choices)



**Right not to be discriminated against**

## 11 other rights in the Human Rights Act



Freedom of thought, conscience & religion



Right to peaceful enjoyment of possessions



Right to a fair trial



Right to marry & have a family



Right to education



Right to be free from slavery or forced labour



Right to vote in elections



Freedom of expression



Freedom of assembly & association



Right not to be punished for a criminal offence which wasn't illegal when you did it



No-one to get the death penalty