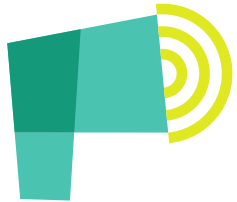


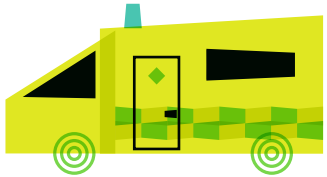
# YOUR VOTING RIGHTS AT ELECTIONS



**Having a mental illness does not mean you lose the right to vote.**

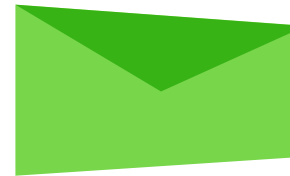


**Everyone now needs to bring photo ID with them to vote at a polling station.**



**You can vote even if you're in a mental health hospital at the time of an election.**

Except when detained for a criminal offence



**You have the option of a postal vote or a proxy vote, if you can't or don't want to vote in person.**

Find more information on exercising your voting rights:

[www.centreformentalhealth.org.uk/your-voting-rights/](http://www.centreformentalhealth.org.uk/your-voting-rights/)



**If you work with people with mental health difficulties, you can help them exercise their voting rights by:**

- ⦿ Supporting people to register and get voter ID
- ⦿ Sharing information about postal or proxy voting options
- ⦿ Finding practical ways to ease anxieties and overcome other barriers to voting