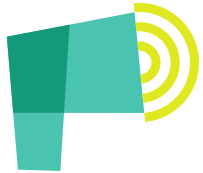


YOUR VOTING RIGHTS AT THE GENERAL ELECTION



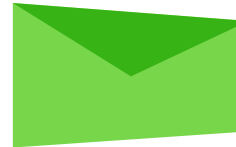
Having a mental illness does not mean you lose the right to vote.



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



You need to register by 23:59 on 18 June to be able to vote in the General Election.



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/



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