

**Advice line**  
**0800 389 6809**



**mental welfare**  
commission for scotland

**We can advise on your rights to do with:**

- Mental health and incapacity law
- Care and treatment

You can talk to us in confidence. We will ask you before we tell anyone else, unless we're concerned about your safety or someone else's.

BSL users can use the ContactScotland online interpreting service

Email: [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)

**If you are in crisis, or you want to talk about how you feel, call:**

**NHS 24** free on **111** (24 hours) – if you are ill and can't wait until your regular NHS service reopens.

**Breathing Space** free on **0800 83 85 87** – confidential service for people experiencing low mood, depression or anxiety.

You can find out more about the Mental Welfare Commission and our work at:

▶ [www.mwscot.org.uk](http://www.mwscot.org.uk)

**We protect and promote the human rights of people with mental illness, learning disabilities, dementia and related conditions.**



**mental welfare**  
commission for scotland

Thistle House  
91 Haymarket Terrace  
Edinburgh  
EH12 5HE  
Tel: 0131 313 8777



**Looking after  
your rights**

**We visit people in hospitals, care homes and at home to make sure their rights are being respected and they are getting proper care and treatment.**

**We protect and promote the human rights of people with mental illness, learning disabilities, dementia and related conditions.**

**We give advice on mental health and incapacity law. We promote best practice and publish guidance to help professionals, people who use services, families and carers.**



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**We check how services use mental health and incapacity law.**

**If we think someone is not getting the right care and treatment we can look into it.**

**Most of the time we do this by talking or writing to people. Sometimes if things have gone badly wrong we look into it to make sure lessons are learned to prevent it happening again.**

**You've got the right to:**

- be treated with dignity and respect
- ethical and lawful treatment
- not be discriminated against
- care and treatment that suits your needs
- recovery from mental illness
- lead as full a life as possible.

**We use what we learn to give us a strong voice to influence services and government policies.**