

the **Howard League** for **Penal Reform**

Are you **under 21**,
in custody, needing
legal advice ?

TREATMENT AND CONDITIONS IN CUSTODY :

Legal help to change the way you are treated when you are locked up

CRIMINAL APPEALS:

Legal help to challenge a criminal conviction or sentence

DISCRIMINATION:

Unfair treatment based on who a person is

RESETTLEMENT:

Legal help with accommodation and support when you leave custody

HEALTH AND WELLBEING:

Legal help when you are physically or mentally ill and unhappy but are not getting the help you need

ADJUDICATIONS:

Legal help with prison disciplinary hearings, sometimes called "nickings"

PAROLE AND RECALL:

Representing you when you are being considered by the parole board

EARLY RELEASE:

Legal help where you are not sure when you can be released or where you want to challenge a decision not to early release

Calls to our legal advice line are confidential and free

Our telephone number is automatically on your
pin. Call our legal advice line on:

0808 801 0308

We are open at the following times:

Monday to Friday

9am-12pm and 2pm-5pm

If you cannot call when the lines are open, you can leave a **message** or write us a **letter**. Make sure you tell us your **name, prison** and **prison number**.

Write to us at:

Legal Team, The Howard League
1 Ardleigh Rd, London, N1 4HS

If we cannot help you ourselves, we will always try to find **another** person who **will help you**.

www.howardleague.org

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