

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

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

**Treatment and regime**

Are you concerned about your treatment or regime? Do you get the proper amount of time out of your cell for education, gym and association?

**Criminal appeals**

Do you want to challenge your conviction or sentence?

**Health and wellbeing**

Do you need help with your physical or mental health?

**Parole and recall**

Have you been recalled?  
Are you having a parole review?

**Discrimination**

Do you think you are being treated unfairly because of your sex, sexual orientation, or age? Or your race, religion or disability?

**Resettlement**

Do you know where you will live when you leave custody?

**Adjudications (nickings)**

Do you have a governor adjudication or independent adjudication?

**Early release**

Could you get early release or HDC?

Calls to our legal advice line are confidential (private) and free

Our telephone number should be automatically on your pin or approved contacts list. Call us on:

**0808 801 0308**

We are currently open:

**Monday to Friday**

**9am-12 mid-day**

Except bank holidays

If you cannot get through when the lines are open please try again, or you can leave a telephone message.

**Or write to us at:**

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

If we cannot help you ourselves, we will try to find someone else who can help you.

[www.howardleague.org](http://www.howardleague.org)  
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