

# Stand up FOR SOMEONE'S RIGHTS TODAY



THE DAY THAT THE UNITED NATIONS (UN) ADOPTED THE UNIVERSAL DECLARATION OF HUMAN RIGHTS IN 1948



**HUMAN RIGHTS DAY** promotes awareness of the Declaration and of human rights. This year, stand up for someone's rights.



WHAT IS THE UNIVERSAL

DECLARATION OF HUMAN RIGHTS?

The Declaration, drafted by representatives with different nationalities and political backgrounds, sets out, for the first time, **FUNDAMENTAL HUMAN RIGHTS TO BE UNIVERSALLY PROTECTED**.

The Declaration has 30 articles which, although not legally binding, have inspired international treaties, economic transfers, national constitutions and other laws.

IT STARTS WITH EACH PERSON



STEP FORWARD AND DEFEND THE RIGHTS OF:



Every day, LAO helps almost 4,000 low- to no-income people, including domestic violence victims, refugees, single parents seeking child support, custody or access, and people accused of a crime.

We have initiatives in place that specifically help:

- **FIRST NATION, MÉTIS AND INUIT**
- **PEOPLE WITH MENTAL HEALTH AND ADDICTION ISSUES**
- **PEOPLE EXPERIENCING DOMESTIC VIOLENCE AND**
- **PEOPLE FROM RACIALIZED COMMUNITIES**

If you need a lawyer because you have either an immigration issue, a family legal issue, have been charged with a crime, or need help with a housing, social assistance, or employment issue, give us a call to see if you're eligible for help.

**HOW LAO HELPS**

Call us toll-free at **1-800-668-8258** from Monday to Friday, 8 a.m. to 5 p.m. Visit us online at [legalaid.on.ca](http://legalaid.on.ca) for more information on our services or [LawFacts.ca](http://LawFacts.ca) for answers to questions on refugee law, criminal law, mental health issues and for resources if you self-identify as First Nation, Métis or Inuit.



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Human Rights Day 2016