

MENTAL HEALTH PATIENTS' BILL OF RIGHTS

Mental health patients have the same legal rights guaranteed to everyone by the Constitution and laws of the United States and California.

YOU HAVE THE RIGHT:

- To dignity, privacy and humane care
- To be free from harm, including unnecessary or excessive physical restraint, medication, isolation, abuse and neglect
- To receive information about your treatment and to participate in planning your treatment
- To consent or refuse to consent to treatment, unless there is a legally-defined emergency or a legal determination of incapacity
- To client-centered services designed to meet your individual goals, diverse needs, concerns, strengths, motivations and disabilities
- To treatment services which increase your ability to be more independent
- To prompt medical care and treatment
- To services and information in a language you can understand and that is sensitive to cultural diversity and special needs
- To keep and use your own personal possessions, including toilet articles
- To have access to individual storage space for your private use
- To keep and spend a reasonable sum of your own money for small purchases
- To have reasonable access to telephones-both to make and receive confidential calls or have such calls made for you
- To have access to letter-writing material and stamps-to mail and receive unopened correspondence
- To social interaction, participation in community activities, physical exercise and recreational opportunities
- To see visitors every day
- To wear your own clothes
- To see and receive the services of a patient-advocate who direct or indirect clinical or administrative responsibility for the person receiving mental health services
- To religious freedom and practice
- To participate in appropriate programs of publicly supported education
- To be free from hazardous procedures
- And all other rights as provided by law or regulations

PRINT NAME

SIGNATURE

DATE

For more information, contact your local county patients' rights advocate
California Office of Patients' Rights 1831 K. Street. Sacramento, CA 95811-4114; (916)504-5810,
<https://www.disabilityrightsca.org/>
Department of Health Care Services: Mental Health Services Division Ombudsman (800)896-4042 or email:
mhombudsman@dhcs.ca.gov