

# Your rights and options under BC's Mental Health Act



If you are an involuntary patient, you have rights and options under the *Mental Health Act*.



You have rights under the *Mental Health Act*. A member of your treatment team must review these rights with you.

## You have the right:



To know where you are getting mental health treatment



To ask for a second medical opinion on your treatment



To know why you are an involuntary patient



To apply for a hearing with a review panel



To be assessed by a doctor regularly



To speak to a lawyer



To meet with a Rights Advisor



To apply to the court for a judge to review your case

If you want to learn more about your rights and options, you can meet with an independent Rights Advisor.



Rights Advisors explain your rights, answer questions, and provide options. Tell a member of your treatment team if you want to meet with a Rights Advisor.

## Rights Advisors are independent.

They do not work for the government, facility, or treatment team. They offer support without judgement.

## Meetings with a Rights Advisor are confidential.

Rights Advisors meet with you in private and they do not share what you talk about. You can choose to invite a support person (e.g. family member, friend) to the meeting.

## Meetings with a Rights Advisor are free.

Most meetings are online (with video) or by phone. In-person meetings are available in some locations.



Find out more about your rights on the Independent Rights Advice Service (IRAS) website:

 [IRASBC.ca](https://www.irasbc.ca)

