

Know your rights: self-advocacy plan

Receiving compulsory mental health treatment can be lonely and distressing. It can be very time-consuming, and you may feel like you have no say in what happens to you. But you have rights, and this self-advocacy plan helps you to speak up and protect your rights.

Independent Mental Health Advocacy supports people receiving compulsory mental health treatment to make decisions about their assessment, treatment and recovery. This self-advocacy plan is designed to help you organize how you speak up and protect your rights.

What is self-advocacy?

Self-advocacy involves asking for what you need, negotiating, knowing your rights, and using your resources. You can do self-advocacy with and/or without the support of an advocate or another person.

You can learn more about your rights by reading our other *Know your rights* factsheets and visiting www.imha.vic.gov.au.

How to contact IMHA and find out more

- Visit the website www.imha.vic.gov.au or send an email to contact@imha.vic.gov.au
- Call the IMHA phone line **1300 947 820**, which is staffed by IMHA advocates 9:30am – 4:30pm Monday to Friday (except public holidays)
- Call the IMHA rights line on **1800 959 353** to hear a recording about your rights
- Ask a mental health service provider, carer or other support person to assist contacting IMHA.

1. Identify the issue

Write down the issue - what do you want to change?

Who is the decision-maker? Who do you need to talk to in order to resolve your concern?

2. Know your rights

What resources and who could help? A resource might be a factsheet, video, or a conversation with a support person.

Your rights - learn about your rights and write them below

3. Think about solutions

What outcome would you like to see?

Write down your ideal solution - you may want to talk with a peer, family, staff or an advocate about your options.

Your [Possible] alternative solutions

What will a successful outcome look like to you?

4. Make a plan

How will you express your views (eg. meeting, call, email)? Do what feels most comfortable to you.

To who and when?

Who may support (e.g. friends, family, staff member, advocate)?

What are the next steps if you don't achieve your goal?

5. Enact the plan

[Here you may want to write your notes about what happens during the meeting.]



6. Review

What happened?

What went well?

What didn't go well?

What would you do the same and/or different next time?

What would you like to do now - next steps?
