

If you have a serious or chronic mental illness, you have legal rights under federal and state law. Some of these rights include:

1. The right to appropriate mental health services based on your individual needs.
2. The right to participate in all phases of your mental health treatment, including individual service plan (ISP) meetings.
3. The right to a discharge plan upon discharge from a hospital.
4. The right to consent to or refuse treatment (except in an emergency or by court order).
5. The right to treatment in the least restrictive setting.
6. The right to freedom from unnecessary seclusion or restraint.
7. The right not to be physically, sexually, or verbally abused.
8. The right to privacy (mail, visits, telephone conversations).
9. The right to file an appeal or grievance when you disagree with the services you receive or your rights are violated.
10. The right to choose a designated representative(s) to assist you in ISP meetings and in filing grievances.
11. The right to a case manager to work with you in obtaining the services you need.
12. The right to a written ISP that sets forth the services you will receive.
13. The right to associate with others.
14. The right to confidentiality of your psychiatric records.
15. The right to obtain copies of your own psychiatric records (unless it would not be in your best interests to have them).
16. The right to appeal a court-ordered involuntary commitment and to consult with an attorney and to request judicial review of court-ordered commitment every 60 days.
17. The right not to be discriminated against in employment or housing.

If you would like information about your rights, you may request a copy of the "Your Rights in Arizona as an Individual with Serious Mental Illness" brochure or you may also call the Office of Human Rights (OHR) at 1-800-421-2124