

Did you know that there is a plain English guide to navigating the mental health system in NSW?

The NSW Mental Health Rights Manual*

Have you or someone close to you recently become unwell and you are unsure of how the mental health system works in NSW?

Do you need help to understand what avenues of support and appeal are open to you?

You can now access a free, easy to use, online guide to your legal and human rights in the NSW mental health system.

Written in plain language, this resource has been developed specifically for people with mental illness, their friends and families, and the non-legal community sector.

> Visit mhrm.mhcc.org.au to access the Mental Health Rights Manual

Examples of topics covered include:

- Processes around involuntary hospital admission under the Mental Health Act
- What it means to be on a Community Treatment Order in NSW
- The role of the NSW Mental Health Review Tribunal
- Advice about legal support
- How to access health records
- Discrimination and disputes in relation to employment and tenancy
- How Guardianship works
- Financial management orders
- How Advance Directives can be used
- The rights of families and carers to access information
- Help dealing with fines
- Options for making a complaint

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For further information contact info@mhcc.org.au or phone: 02 9555 8388

The Mental Health Coordinating Council (MHCC) is the peak body for Community Managed Organisations in NSW. MHCC provides leadership and representation on mental health issues and supports the growth and development of the community sector to better support people with mental health problems, their families and carers.