

WHO IS ELIGIBLE FOR THE INDEPENDENT RIGHTS ADVICE SERVICE?

Only people experiencing detention and involuntary treatment can access the Independent Rights Advice Service. Support network members cannot book rights advice meetings for themselves but can attend a rights advice meeting with the consent of the person they are supporting.

IF YOU ARE 16 YEARS OF AGE OR OLDER:

You can ask for help from the Independent Rights Advice Service if you are currently an involuntary patient under the Mental Health Act.

This means either:

- You are detained in a hospital or facility and are not permitted to move freely or leave as you wish, OR
- You are on extended leave. This means you may live outside a hospital or facility, but you have to meet conditions like living in a specific place, having a curfew, taking your medication in front of witnesses, or going to mandatory appointments.

IF YOU ARE UNDER 16 YEARS OF AGE:

You can ask for help from the Independent Rights Advice Service if:

- You are currently an involuntary patient under the Mental Health Act [see above], OR
- You have been admitted to a hospital or facility because your parent or guardian requested it.

You may not have a choice about your psychiatric treatment or leaving a hospital or facility if you have been admitted to a hospital or facility because your parent or guardian requested. If you are unsure if you are an involuntary patient or if your parent or guardian requested your admission, you can ask your treatment team.