

Booking a meeting with a Rights Advisor

What is the Independent Rights Advice Service?

The Independent Rights Advice Service provides information to people who are experiencing involuntary treatment under the Mental Health Act in BC. This information helps people understand what their rights are and how they can act on those rights.

Rights Advice meetings are private and confidential. Rights Advice meetings are free.

Who are these instructions for?

The instructions are for people on Extended Leave in community. Extended Leave means you may live outside of a hospital or facility but are still an involuntary patient and must meet certain conditions. If you are in a facility, please talk to your treatment team about getting a Rights Advice meeting.

What happens in a Rights Advice meeting?

Rights Advisors can:

- Explain your rights under the *Mental Health Act* and answer any questions you might have.
- Explain the Mental Health Review Board review panel process, and help you apply if needed.
- Tell you your options if you have concerns about your treatment.
- Help you ask for a second medical opinion on your treatment.
- Give you information about how to find a lawyer or other legal support.
- Help you find out if you are eligible for legal aid.

How do I book a meeting?

1. Go to portal.irasbc.ca/login.
2. Click on "Direct Booking – for Individuals on Extended Leave".
3. Fill out the form. The form will ask you to confirm you are a person on Extended Leave. It will also ask you for your name and contact details.
4. You will receive a link to your email or text to your phone number to book the meeting for a date and time that works for you.
5. A meeting confirmation will be sent to you by email or text message (SMS coming soon!) with instructions on how to join the Rights Advice meeting by phone or online.
6. At the date and time of the Rights Advice meeting, you can join by phone or online.