



Your Rights

Day to Day

People with mental health problems have the right

- to live in their community
- to participate and be included in their community
- to participate in cultural life
- to not suffer exploitation, violence and abuse
- to access community services
- to support living and inclusion in their community
- to independent advocacy

When getting care or treatment you have the right:

- to the highest attainable standard of health
- to receive healthcare that is relevant to your needs
- to take part in decisions about your healthcare and get the support you need to do so
- to say how you would like to be treated if you become unwell and are unable to express your views clearly in the future
- to choose someone to support you in any proceedings under the Mental Health (Care and Treatment) (Scotland) Act 2003
- to challenge compulsory treatment orders
- to request an assessment of your care needs.

Health Boards and Local Authorities have a duty to:

- respond to a request for assessment within 14 days
- to raise concerns or complaints about healthcare services

It is illegal for someone to discriminate against or harass you because you have a mental health problem when you are accessing health services and social services.