

Human rights for people with mental health challenges and family caregivers.



we are a team of people from Lived Experience Australia



we want to understand how people with mental health challenges and their families can get better access to human rights



we are asking people aged 15 years and over with mental health challenges (and their families) to answer a short survey about human rights



we are asking for your ideas on how to help people claim their human rights with services



we want to share the ideas from the survey to help improve services



before beginning the survey, we would like to say what we mean by mental health human rights



people who rely on mental health services should have access to good mental health care



to not be discriminated against because of mental health



to be treated with respect, dignity, and have their privacy protected



to legal support, a fair hearing, and the right to appeal decisions related to their mental health care



to be treated in an environment that is the least restrictive but supports safety and well-being



the right to be fully informed about their care and to have an equal say in treatment options, and in decisions about their own care



you also have rights about answering the survey



you do not have to answer the survey and have the right to stop at anytime



you have the right to privacy so if you write anything personal that could identify you, we will not share that with anyone



by answering the survey, you are giving your consent to participate



the survey will take between 5 and 30 minutes to answer



we ask basic questions about you such as your age range and gender



we ask you to describe a situation that you or others have experienced where your human rights have not been respected



we ask you to tell us about a time that your human rights have been respected



we also ask for your ideas about what could make it easier for people to claim their human rights



it is possible that answering these questions could bring up bad memories and feelings for you



if you think that answering these questions might be stressful you can decide to not answer the survey



If you do answer the survey and feel stressed it may be helpful to talk to someone you trust or to contact the following support services

	<p><u>Our Services - Lifeline Australia</u></p> <p>Phone 131114</p> <p>Text 047 7131 114</p> <p><u>Disability Advocacy & Complaints Service of SA Inc</u></p> <p><u>Beyond Blue</u> — call <u>1300 22 4636</u> for support with anxiety, depression, and mental health crises</p> <p>Mental Health Access Line: 1300 MH CALL</p> <p>- 13YARN - Call 13 92 76 Crisis support for Aboriginal and Torres Strait Islander</p> <p>-</p>
	<p>the study meets ethics requirements</p>
	<p>If you have questions or concerns about the survey, you can phone Dr B-J Dee-Price on 0434192392 or email bj@livedexperienceaustralia.com.au.</p>



By completing this survey I confirm I am aged 15 years and older, have read and understood the participant information sheets, and consent to participate in the research.