

# What are my rights as a mental health (psychiatric) patient?

As a mental health patient, you have rights. But **if** you are deemed to be a danger to yourself or others, a doctor can limit your rights.

Your rights are protected by the Mental Health Act. In general, you have the same rights as anyone else in Ontario. You have the right to:

- Accept or refuse treatment, if you are “capable” of making treatment decisions.
- Make informed decisions about your treatment.
- Leave the hospital, if you are a voluntary patient.
- Get information about why you are being held in the hospital, if you are an involuntary patient.
- Privacy and confidentiality.
- Access to rights advisor if involuntary admission is extended, and the right to appeal the doctor’s order.
  - The rights advisor will be able to assist with finding a lawyer and help you apply for legal aid.
  - Rights advisors do not work for the hospital and their services are free of charge and confidential. You can refuse a rights advisor at any time.

**If you are a danger to yourself or to others, a doctor can make you stay in the hospital. A doctor can force you to take medication. During this time, you have the right to get a lawyer.**

**For more information please visit:**

<https://settlement.org/ontario/health/patients-rights-and-responsibilities/rights-and-responsibilities-of-patients/what-are-my-rights-as-a-mental-health-patient/>

<https://www.ontario.ca/page/psychiatric-patient-advocate-office>

For more information please contact:  
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Patient Navigator



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