# Know your rights: self-advocacy plan

May 2025

Receiving compulsory mental health treatment can be lonely and distressing. It can be very time-consuming, and you may feel like you have no say in what happens to you. But you have rights, and this self-advocacy plan helps you to speak up and protect your rights.

Independent Mental Health Advocacy (IMHA) supports people receiving compulsory mental health treatment to make decisions about their assessment, treatment and recovery. This self-advocacy plan is designed to help you organise how you speak up and protect your rights.

## What is self-advocacy?

Self-advocacy involves asking for what you need, negotiating, knowing your rights, and using your resources. You can do self-advocacy with and/or without the support of an advocate or another person.

You can learn more about your rights by reading our other Know your rights factsheets and visiting [www.imha.vic.gov.au](http://www.imha.vic.gov.au).

## How to contact IMHA and find out more

You can:

* visit the website www.imha.vic.gov.au
* send an email to contact@imha.vic.gov.au
* call the IMHA phone line 1300 947 820, which is staffed by IMHA advocates 9:30 am–4:30 pm seven days a week (except public holidays)
* call the IMHA rights line on 1800 959 353 to hear a recording about your rights
* ask a mental health service provider, carer, kin or other support person to assist you with contacting IMHA
* use your phone to capture the QR code on this page which will take you to the IMHA website
* access a free interpreter by calling 131 450, and then asking them to call us on 1300 947 820.



## Identify the issue

Write down the issue - what do you want to change?

Type your answer

Who is the decision-maker? Who do you need to talk to in order to resolve your concern?

Type your answer

## Know your rights

What resources and who could help? A resource might be a factsheet, video, or a conversation with a support person.

Type your answer

Your rights - learn about your rights and write them in the section provided:

Type your answer

## Think about solutions

What outcome would you like to see? Write down your ideal solution - you may want to talk with a peer, family, staff or an advocate about your options.

Type your answer

Your [Possible] alternative solutions

Type your answer

What will a successful outcome look like to you?

Type your answer

## Make a plan

How will you express your views (e.g. meeting, call, email)? Do what feels most comfortable to you.

Type your answer

To who and when?

Type your answer

Who may support (e.g. friends, family, staff member, advocate)?

Type your answer

What are the next steps if you don't achieve your goal?

Type your answer

## Enact the plan

You may want to write your notes about what happens during the meeting in this section:

Type your answer

## Review

What happened?

Type your answer

What went well?

Type your answer

What didn't go well?

Type your answer

What would you do the same and/or different next time?

Type your answer

What would you like to do now - next steps?

Type your answer