

EFE FACT SHEET - Mental Health

MENTAL HEALTH SELF-ADVOCACY

Educate Yourself

- Learn about your mental illness, available treatments and the consequences of those treatments.
- Learn about Advance Directives, including Power of Attorney for Health Care and Mental Health Treatment Preference Declaration.
- Learn about your rights before, during and after hospitalization by reading Equip for Equality's Mental Health Fact Sheets.
- Contact Equip for Equality (EFE), the Illinois Guardianship and Advocacy Commission (IL-GAC) and/or the Consumer Advocate/Recovery Specialist in a state mental health facility if you believe your rights have been violated.
- Learn if the facility has a grievance procedure and, if it does, learn the procedure for how to file a grievance.

Get Organized & Get It In Writing

- Keep copies of admission forms, consent forms, records, evaluations, progress reports, notes for meetings, Advance Directives and Powers of Attorney.
- Keep all papers together and in order.
- Have the most recent papers at the front of a file, in a binder or drawer.
- Review your file frequently.

Read Correspondence

- Make sure to read every letter from a therapist, doctor, mental health facility, attorney or the court (there may be limited time to take action).
- If you need help understanding correspondence you receive, contact someone you trust to help you.

Attend Educational Sessions and/or Trainings on Mental Health Issues

- Gather information and network with other people dealing with mental health issues
- Consider attending workshops offered by Equip for Equality's Training Institute, such as Disability Rights under the Americans with Disabilities Act (ADA),

Employment Discrimination, Guardianship, Special Education and the Federal Ticket-to-Work Program.

Find a Co-Advocate

- If admitted to a mental health facility, you have the right to contact at least two people to inform them of your situation.
- Choose someone you trust, such as a close friend, spouse, partner or other family member, who can offer support and keep an eye out for your well-being.
- Have your trusted co-advocate help monitor reactions to drugs, behaviors and the treatment you receive.

Communicate

 Communicate regularly with your co-advocate, doctor, mental health facility staff members and others directly involved in your mental health treatment.

LEGAL AND ADVOCACY ASSISTANCE RESOURCES

Illinois Guardianship & Advocacy Commission

Statewide intake: (866) 274-8023 Statewide TTY: (866) 333-3362 www.state.il.us/igac/cominfo.html

Investigates alleged rights violations against persons with disabilities. Information, referral, and legal representation in mental health court hearings.

Equip for Equality, Inc.

www.equipforequality.org

Northeastern Region

Voice: (312) 341-0022 or Toll-free (800) 537-2632 Fax: (312) 341-0295 TTY: (800) 610-2779

Northwestern Region

Voice: (309) 786-6868 or Toll-free (800) 758-6869 Fax: (309) 786-2393 TTY: (800) 610-2779

Central Region

Voice: (217) 544-0464 or Toll-free (800) 758-0464 Fax: (217) 523-0720 TTY: (800) 610-2779

Southern Region

Voice: (618) 457-7930 or Toll-free (800) 758-0559 Fax: (618) 457-7985 TTY: (800) 610-2779

Chicago Bar Association Lawyer Referral Service

Voice: (312) 554-2001 Fax: (312) 554-2054 TTY: (312) 554-2055

<u>www.chicagobar.org</u> - Look under CBA Services, Lawyer Referral Service

Refers callers to attorneys in Chicago and surrounding suburbs. \$30 referral fee. Referrals also made via website.

Chicago Commission on Human Relations

Voice: (312) 744-4111 Fax: (312) 744-1081 TTY: (312) 744-1088

http://egov.cityofchicago.org/HumanRelat

ions/

Charged with enforcing the Chicago Human Rights and Fair Housing Ordinances that prohibit discrimination based on 13 protected categories, including disability. The Commission also assists victims of hate crimes, provides anti-bias workshops and resolves intergroup tensions.

Coordinated Advice and Referral Program for Legal Services (CARPLS)

Voice: (312) 738-9200 Fax: (312) 738-9487 TTY: (312) 738-9333 E-Mail: info@carpls.org

www.carpls.org

CARPLS is a legal assistance hotline that provides advice and referrals to low-income residents of Cook County. Staffed directly by attorneys. Provides legal referrals.

Mandel Legal Aid Clinic

University of Chicago Voice: (773) 702-9611 Fax: (773) 702-2063

TTY: none

www.law.uchicago.edu/mandel

Provides legal counseling and/or representation to people with mental illness, advocacy for the rights of people with mental illness and selected criminal/juvenile defense representation.

Legal Assistance Foundation of Metropolitan Chicago

Voice: (312) 341-1070 Fax: (312) 341-1041 TTY: (866) 801-0505 www.lafchicago.org

Free legal counseling and advocacy on behalf of low-income Chicago residents, including people with disabilities.

Center For Disability & Elder Law

Voice: (312) 376-1880 Fax: (312) 376-1885 TTY: (312) 908-8705 www.probonocdel.org

Free legal services for elderly individuals who are residents of Chicago and individuals with

disabilities in Cook County.

Prairie State Legal Services

Toll-free Voice: (800) 892-2985

Fax: (815) 965-1081 TTY: (815) 965-5114 www.pslegal.org

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Assistance with civil matters such as debt collection, disability, family law, health insurance, housing discrimination, living wills, powers of attorney, SSI and unemployment. Nine field office in Northern Illinois. Information about field offices is available. Services are free but income eligibility will apply.

Land of Lincoln Legal Assistance Foundation

www.lollaf.org

Administrative Office

Toll-free Voice: (877) 342-7891

Fax: (217) 356-7621 (Champaign Office) TTY: (217) 356-0684 (Champaign Office)

Provides free legal assistance to low-income residents living in southern and central Illinois (serving 65 counties). Also has offices in Alton, Decatur, East St. Louis, Mattoon, Mount Vernon, Murphysboro and Springfield. Handles the following types of legal issues:

Medicaid/Medicare, Wills/Estates, Consumer, Landlord/Tenant, Real Estate/Foreclosure, Special Education, Orders of Protection, Divorce and Child Custody. Financial eligibility applies but no fee required.

Illinois State Bar Association Lawyerfinder

Voice: (800) 922-8757

TTY: none

www.illinoislawyerfinder.com

Illinois Department of Human Rights

Voice: (312) 814-6200 or (800) 662-3942 Fax: (312) 814-1436 (Administration Fax

No.)

TTY: (312) 263-1579 www.state.il.us/dhr/

The Illinois Department of Human Rights takes and investigates charges of discrimination on the basis of race, sex, national origin, ancestry, age, marital status, unfavorable military discharge, physical and mental disabilities and family status. The Department's mediation program is available to mediate employment charges filed in the Chicago office.



DO YOU HAVE A QUESTION?

Contact Equip for Equality (all services are free of charge): 800.537.2632 (voice) or 800.610.2779 (TTY)

<u>Contactus@equipforequality.org</u>

www.equipforequality.org

This resource material is intended as a guide for people with disabilities. Nothing written here shall be understood to be legal advice. For specific legal advice, an attorney should be consulted.

Equip for Equality, an independent nonprofit organization, is the Illinois state Protection & Advocacy System whose mission is to advance the human and civil rights of children and adults with disabilities.

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