

# What are our five fundamental rights?

1. The right to have reasonable access to a telephone to make and receive confidential phone calls, in private.



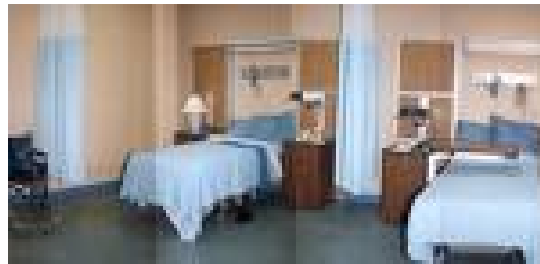
2. The right to send and receive sealed, unopened, uncensored mail. Writing materials and stamps in reasonable quantities shall be available for use, and assistance should be provided in writing, addressing and posting letters.



3. The right to receive visitors of your own choosing daily and in private, at reasonable times.



4. The right to have a humane psychological and physical environment. Each person shall have accommodations which allow them privacy and security in resting, sleeping, dressing, bathing, toileting, and personal hygiene, as well as reading and writing. Rooms may be shared.



The right to receive or refuse to receive visits and telephone calls from your attorney or legal advocate, physician, psychologist, clergy member or social worker, at any reasonable time.



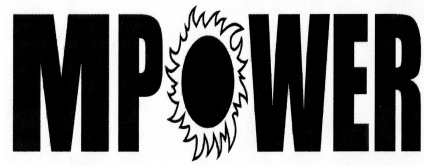
**These Are Our Rights and IF YOUR RIGHTS ARE BEING VIOLATED**, the first step is to go to the **Human Rights officer** or to the **Patient Advocate**. The next step would be to call:

The **Mental Health Legal Advisors Committee**: (617) 338-2345 or (800) 342-9092 OR call the: **Disability Law Center**: (617)723-8455 (800)872-9992 TTY: (800) 381-0577

*CFAR:  
COALITION FOR FRESH AIR  
RIGHTS—Why Is Fresh Air So  
Important to our Mental,  
Emotional, Physical and  
Spiritual Health? Why is Being  
Deprived of it so Devastating to  
our Overall Frame of Mind?*

*Human beings are meant to live in the  
world, not in brick buildings with re-  
cycled air and no exercise. It is inhu-  
mane to lock someone up in a hospi-  
tal for weeks and sometimes months  
at a time, without fresh air, sunshine,  
rain, snow or whatever the weather  
may bring. People feel grounded by  
the outdoors; they feel real and con-  
nected to Mother Earth. To deprive  
consumers of mental health services  
of much-needed exercise and fresh  
air is punitive and barbaric. Depres-  
sion thrives on lack of sunlight and  
air.*

*WE NEED THE OUTDOORS AND  
THE SUN. THIS SHOULD BE  
THE SIXTH FUNDAMENTAL  
RIGHT.*



*Nothing about us without us.*

Statement of purpose:

M-Power is a member-run organiza-  
tion run by and for people with lived  
experience of mental health diagnosis  
&/or extreme states. We advocate for  
political and social change within the  
mental health system, the community  
and statewide. Organizing as a com-  
mon voice, we claim and secure our  
human rights. We promote free ac-  
cess to information about those  
rights. We stand against bigotry and  
discrimination that impede our abil-  
ity to live as dignified people. We  
enlighten mental health professionals  
with the truth about our lives, em-  
powering ourselves in the process.  
We believe all people are entitled to  
lives free of prejudice and oppression.

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# THE FIVE FUNDAMENTAL RIGHTS

