

# 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.



5. 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.



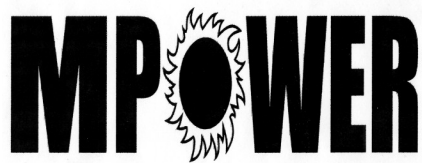
**These Are Our Rights and IF YOUR RIGHTS ARE BEING VIOLATED, the first step is to go to the Human Rights officer or to the Patient Advocate. The next step would be to call:**

**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**

*Efforts are being made to make daily access to the outdoors & fresh air the 6th Fundamental Right—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 recycled air and no exercise. It is inhumane to lock someone up in a hospital 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 connected to Mother Earth. To deprive consumers of mental health services of much-needed exercise and fresh air is punitive and barbaric. Depression thrives on lack of sunlight and air.*

***WE NEED DAILY ACCESS TO THE OUTDOORS & FRESH AIR. THIS SHOULD BE THE SIXTH FUNDAMENTAL RIGHT!***



*Nothing about us without us.*

Statement of purpose:

MPOWER is a member-run organization 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 common voice, we claim and secure our human rights. We promote free access to information about those rights. We stand against bigotry and discrimination that impede our ability to live as dignified people. We enlighten mental health professionals with the truth about our lives, empowering 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

