



# MENTAL HEALTH ACT 2001

# TOOLKIT

The *Mental Health Act, 2001 Toolkit* is a vital means of empowerment, enabling people to become educated about their rights, so that they can exercise and claim those rights.

The School of Law, University College Cork, developed the *Mental Health Act, 2001 Toolkit* in partnership with Mental Health Reform.



## Why and how was the Toolkit developed?



The Mental Health Act, 2001 governs rights of people with mental health difficulties in mental health units or approved centres.

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When people with mental health difficulties are admitted to mental health units, either on a voluntary or involuntary basis, it is vital that user-friendly, accessible, information is available regarding human rights.

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Access to this information is essential for people with mental health difficulties, their family members, advocates, supporters and carers.

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This aids fuller realisation of rights provided by the UN Convention on the Rights of Persons with Disabilities (CRPD), the Irish Constitution, and other human rights documents.

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The Toolkit was drafted in consultation with Mental Health Reform's member organisations, through a series of online and in-person consultation meetings.

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Consultation meetings were attended by a wide variety of people, including people with lived experience of mental health difficulties, family members, staff and supporters of organisations.



## The Toolkit includes information on topics such as the following:

- ▶ What are the main human rights in Mental Health law?
- ▶ What is the Mental Health Act?
- ▶ Can I make an Advance Healthcare Directive?
- ▶ The Role and Rights of my Supporters / Family / Carers
- ▶ Approved Centres and What to Expect
- ▶ My Rights as a 'Voluntary Patient'
- ▶ My Rights as an 'Involuntary Patient'
- ▶ Mental Health Tribunals Explained
- ▶ Complaints, Advocacy and Activism



## What are the benefits of the Toolkit?

- ▶ Learn about the Mental Health Act, 2001
- ▶ Find out about your rights when admitted to mental health units
- ▶ User-friendly and easy to read
- ▶ Includes links to other resources
- ▶ Information for family members, supporters and friends
- ▶ Links to advocacy services
- ▶ Helpful definitions of legal terms
- ▶ Provides information on the UN Convention on Rights of Persons with Disabilities



**Access the Toolkit at:**

[www.mentalhealthreform.ie/  
mental-health-act-2001-toolkit/](http://www.mentalhealthreform.ie/mental-health-act-2001-toolkit/)



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Seirbhís Sláinte  
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Building a  
Better Health  
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