

## Client Rights

### As a person receiving mental health services, you have the right to:

- Be treated with dignity and respect.
- Choose the services in which you participate based upon information about consent, treatment procedures, costs, risks, rights and responsibilities.
- Ask questions and get answers about services.
- Participate fully in all decisions about treatment.
- Request changes in treatment.
- Refuse treatment or service unless ordered by the Court to participate.
- Participate fully in decisions regarding your discontinuation from counseling services and receive advance notice regarding the proposed ending of services.
- Have your family involved in your treatment.
- Refuse family participation in your treatment, if you choose.
- Not be subjected to verbal, physical, sexual, emotional or financial abuse; harsh or unfair treatment.
- Make complaints, have them heard, get a prompt response, and not receive any threats or mistreatments as a result.
- Have access to written information, before entering therapy about fees, methods of payment, insurance coverage, anticipated range of number of sessions, emergency planning, and no-show/cancellation policies.
- Be aware if your therapist plans to discuss/disclose your case with others (for instance, supervisors, consultants, or students).
- File a grievance if you are not satisfied with the response to a complaint.
- You must be given an opportunity to inspect your clinical record when you have submitted a written request. The law does allow some limitations on this access, based on clinical justification.
- Not be discriminated against on the basis of race, age, sex, religion, national origin, sexual orientation, disability, or marital status.
- Civil rights, which are protected by federal/state laws.