

**Easy
Read**



Human rights report

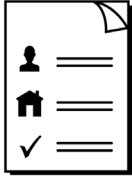
December 2025



About this book



This is an Easy Read book.

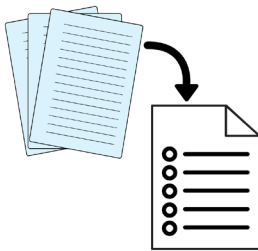


Easy Read uses simple words and pictures.



We add a star before and after ***hard words***.

Then we explain what the words mean.



This is a ***summary*** of another document.

Summary means it has the most important information.



You can ask someone to help you read and understand this book.



Contact information is at the end of this book.

What we do



This book is from the
National Mental Health Consumer Alliance.



We help people with ***mental health challenges***.

Mental health challenges can change the way you

- think
- feel
- act.



People with mental health challenges might
need mental health supports.



This book is about our ***Human rights report***.

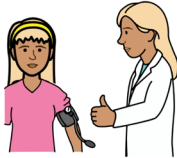


Human rights are rules that help everyone have a

- happy life



- safe life



- healthy life.



In 2024 we asked people who have had mental health challenges to tell us what life was like for them.



Were their rights respected?



We asked if they felt treated fairly

- in their community



- at work or school



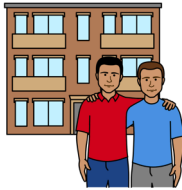
- by the people who give them care or support.



Could they afford important things?

We asked if they had enough money for

- medical help
- a safe place to live.



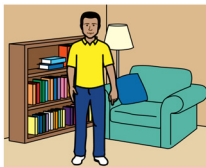
Did they experience any *restrictive practices*?

Restrictive practices are things that limit a person's freedom or control.

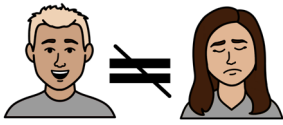


We asked if restrictive practices happened

- in hospital
- at home
- when emergency workers came
 - for example, ambulance officers, police or firefighters.



What we found



We found out that many people who have mental health challenges were not treated fairly.

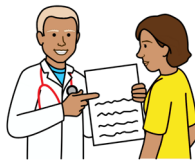


A lot of people said they did not have

- much money



- a job



- affordable healthcare



- a safe place to live.



Many people were treated unfairly in

- healthcare



- workplaces



- the media.



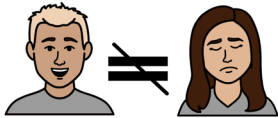
Many people had restrictive practices happen.

For example, someone else controlled what they could do.

Our recommendations



End ***discrimination*** of people with mental health challenges



Discrimination means a person is not treated fairly.

For example, because of their

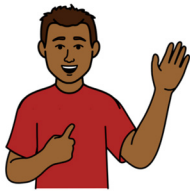
- mental health



- disability



- age.



Everyone chooses their own care that also supports their human rights

Restrictive practices are stopped.

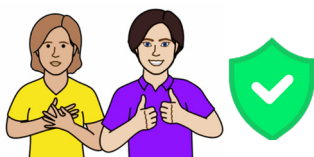


This means staff do not use force or medicine during treatment without you agreeing.



People want to make their own care and support decisions.

Treat people with respect



People want care and support that is

- safe
- respectful
- their choice.



More information



For more information contact the
National Mental Health Consumer Alliance.



Website [NMHCA website](http://www.nmhca.org.au)
www.nmhca.org.au



Email admin@nmhca.org.au



Call 1300 001 581

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.



Call 1800 555 660



Website [NRS Helpdesk](https://www.accesshub.gov.au/about-the-nrs/nrs-helpdesk)
www.accesshub.gov.au/about-the-nrs/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website [TIS National](https://www.tisnational.gov.au)
www.tisnational.gov.au



Acknowledgement of Country

The National Mental Health Consumer Alliance acknowledges the Traditional Custodians of the lands and waters across Australia where we live, work, and advocate. We pay our deepest respects to Aboriginal and Torres Strait Islander peoples, and to their Elders past and present.

We acknowledge that First Nations lived experience is inseparable from the impacts of colonisation, dispossession, racism, and structural inequality.

These ongoing injustices must be named, understood, and addressed.

The National Mental Health Consumer Alliance stands in solidarity with the Indigenous Australian Lived Experience Centre, recognising the critical leadership of First Nations peoples in truth telling, healing, and social and emotional wellbeing.

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