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### RESEARCH ARTICLE

## MENTAL HEALTH RIGHTS IN INDIA

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#### Abstract

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#### Introduction:-

Mental health is one of the important health that people just overlook. People need to be aware of it and how it directly affects daily life. There are laws about mental health in India that help those who are mentally ill or need help. There is the mental healthcare act, 2017 which is there to protect and promote mental illness. The main purpose of this act is to provide a better mental healthcare system and facilities for all citizens.

Rights available to persons with mental illness -

1. Right to equality – those who have mental illness should be treated equally as a normal person with any physical illness. No one has any right to deny the services that they need. Discrimination should not be there.
2. Right to access mental health care – every person has the right to access mental healthcare and treatment at an affordable cost.
3. Right to community living - Every person with a mental illness has the right to live and be recognized as a part of the society. They should not be separated from society or be forced to live in a mental healthcare establishment only because they are not accepted by their family or society.
4. Right to access medical records - All persons have the right to access their medical records and no information should be withheld by the medical professionals regarding the patient's health. Although, if such information could harm the patient, the medical professional can withhold information.
5. Right to information - Every person who is undergoing treatment or has approached seeking psychological state care, has the proper to be told about his mental condition. The person is entitled to know about the treatment and the medications that are being given. Although this information is often shared only the person is within the state of mind to know.
6. Right to legal aid – every person with mental illness has right to free legal aid.

Laws related to mental health in India -

1. The protection of human rights act, 1933
2. Mental health act, 2017
3. National trust act, 1999
4. Mental healthcare act, 2017

The awareness of rights of mental health can be spread through social media and news so that it reaches people of all regions. The rights, laws and treatments are there people just need to know about them.