



2400 Reading Road, Suite 139 912 Scott St, PO Box 122604
Cincinnati, OH 45202 Covington, KY 41011
Office 513-721-2910 / 877-361-4518 / 859-431-1077
www.MHAnkyswoh.org / www.GuideToFeelingBetter.org



Bill of Rights

For Patients

- I have the right to tell the truth about my illness.
- I have the right to feel bad if I receive bad news.
- I have the right to talk to my doctor and my family about my disease. And I have the right to talk to others, if that is my choice.
- The fact that I am ill does not give others the right to make decisions for me. I have the right to be treated as a person, not merely a “patient.”
- I reserve the right to think about things other than my illness. I do not have to let my condition control every detail of my life.
- I have the right to ask others for help for things I cannot do myself, within reason.
- I always have the right to hope, if not for a cure, then for a longer life and for a happier life here and now.
- It is O.K. to be angry with people I love: being angry doesn't mean that I have stopped loving them. Being ill does not mean that I have become a hero or a saint.
- I have the right to cope with my illness in my own way, and, my family has the right to cope with theirs. Our ways may be different, but

For Family Members

- I have the right to enjoy my own good health without feeling guilty. It is not my doing that someone I still love.
- I have the right to choose whom I will talk with about the illness. If I hurt others' feelings because they ask questions, that is not my fault.
- Even if I am a child. I have the right to know what is going on in our family, and to be told about the illness in words I can understand.
- I do not always have to agree with someone just because he or she is ill. I can get angry with the patient without feeling guilty. His or her illness does not stop them from being a real person.
- I have the right to feel what I feel, not what someone else says I 'should' feel.
- I also have the right to get outside support for myself whether or not others in the family choose to get that kind of help.
- No one has the right to take away my hope if not for a cure, then hope for more time and some “good time today.”