



WHAT YOU CAN DO

REPORT PSYCHIATRIC ABUSE

It is important to report psychiatric abuse. Please contact CCHR to request a questionnaire to report any abuse. Without the courageous help of the abused and their friends and relatives, we would not have made such great strides to stamp out human rights violations in the psychiatric system.

For information on where to lodge a complaint directly to the appropriate complaints bodies in your state or to report side effects to psychiatric drugs, log onto the home page of CCHR Australia's website at www.cchr.org.au and click on: "[Where to lodge complaints.](#)"

REPORT PSYCHOTROPIC DRUGS ADVERSE EFFECTS:

Log onto the website for Australia's Drug Regulatory agency, the Therapeutic Goods Administration (TGA) Adverse Drug Reaction Reporting System at www.tga.gov.au and click on "[Report a problem or side effect.](#)" Or phone the Adverse Medication Events Line on: 1300 134 237

SEEK LEGAL ADVICE

If you have not been fully informed about the psychiatric treatment administered to you and have experienced adverse effects or were damaged, seek legal advice about the potential for compensation. This link on the CCHR Australia website may assist you in beginning to locate a lawyer.

<https://cchr.org.au/legal-resources>

DISTRIBUTE CCHR MATERIALS

Inform others by distributing CCHR's publications. Fact Sheets and fliers are available free to give to others. You can also purchase DVDs to distribute to others.

You could pass on the link to others to watch free CCHR's Australian documentary, *Psychiatry: Friend or Foe? The Untold Story of Australian Psychiatry.*

cchr.org.au/friend-or-foe-dvd



APPEAL FOR LEGISLATIVE ACTION

Legislators really do want to know where you stand on the issues facing your state and our nation. Write to your elected State and Federal Members of Parliament. You can request that laws are changed or implemented to protect children and vulnerable adults.

WRITE A LETTER TO THE EDITOR

Sharing your opinion with your local newspaper is a way to magnify your thoughts. One letter to the editor often generates more letters resulting in a full discussion of a key mental health issue. Include information from CCHR. Your letter can educate others and get new people involved.

BECOME A CCHR VOLUNTEER

CCHR volunteers perform vital roles in our crusade. We have hundreds of chapters around the world, and all would benefit from the gift of your time. It's a rewarding way to get involved.

DONATE

CCHR is a non-profit organization and depends upon the generosity of its members and the public. Memberships and donations are welcome and help fund activities such as bulk mailings to key professionals and the public to protect vulnerable children and adults.

FOLLOW CCHR ON SOCIAL MEDIA

Follow CCHR on Facebook and Twitter and share posts and tweets with others.

Facebook: facebook.com/CCHRAustralia Twitter: [@CCHRAustralia](https://twitter.com/CCHRAustralia)

LINK TO THE CCHR WEBSITE

If you or someone you know has a website, you can educate others on the truth about psychiatry by adding a link to CCHR's websites:

- Australian National Office: www.cchr.org.au
- Victoria: www.cchr victoria.org.au
- International: www.cchr.org
www.cchr int.org

JOIN OUR MAILING LIST / EMAIL LIST

As a result of CCHR's efforts, numerous legal safeguards and protections against psychiatry's coercive practices, damaging treatments and criminal acts have been achieved. Receive notifications from CCHR when actions are needed for such things as legislative reform, letters to the editor etc. You will also receive the latest updates.

Sign up on the homepage of CCHR's website for email updates: cchr.org.au or contact CCHR and provide your postal address details for mail: national@cchr.org.au.



SEMINARS, MOVIE NIGHTS AND TRAINING STUDENTS

Hold a seminar or movie night and show one of CCHR's documentary DVDs on psychiatry to educate others. High Schools, colleges and universities around the world also use the CCHR DVDs to help educate students. If you would like free copies of any CCHR DVDs to give to students or attendees at movie nights or seminars, please contact CCHR.

THANK YOU FOR TAKING A STAND AND JOINING THIS CRUSADE!

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CCHR New Zealand:	0800 777 555	info@cchr.org.nz
International:		www.cchr.org

CCHR was established by the Church of Scientology and Professor of Psychiatry the late Dr Thomas Szasz in 1969 with the sole purpose of investigating and exposing psychiatric violations of human rights.