



# 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 body 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](http://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 Reaction Reporting System at [www.tga.gov.au](http://www.tga.gov.au) and click on "Report a Problem." Or phone its Consumer 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 locating a lawyer.  
<http://cchr.org.au/legal-resources>

## DISTRIBUTE CCHR MATERIALS

Inform others by distributing CCHR's publications. Flyers and pamphlets are available free to give to others. You can also purchase DVDs, booklets and books to distribute to others.

## 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.

## 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 CCHR mailings of documentaries and information to key professionals.

## LINK TO THE CCHR WEBSITE

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

■ Australian National Office: [www.cchr.org.au](http://www.cchr.org.au)  
■ International: [www.cchr.org](http://www.cchr.org)

■ VIC: [www.cchr victoria.org.au](http://www.cchr victoria.org.au)  
■ [www.cchr int.org](http://www.cchr int.org)

## **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.

## **CREATE A BLOG**

Blog: (n.) Short for web log—a web page that serves as a publicly accessible personal journal for an individual. Typically updated daily, blogs are an increasing source of information for website users. You can use it to inform others about psychiatry.

## **PUT ME ON YOUR 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. Please contact CCHR to provide your contact details.

## **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. 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!**

CCHR Australian National Office: (02) 9964 9844 [national@cchr.org.au](mailto:national@cchr.org.au)

CCHR VIC: 1 300 085 995 [info@cchrvic.org.au](mailto:info@cchrvic.org.au)

Websites: International: [www.cchr.org](http://www.cchr.org)

Australian National Office: [www.cchr.org.au](http://www.cchr.org.au)

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

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