

Your Rights & Resources



REQUESTING YOUR RECORDS

You have the right to request your mental health records.
To obtain your record submit a written request to your counselor or practice via email, secure portal, or mail.

(Texas Health & Safety Code §611.0045)

Your provider has 15 days to respond to your written request.

(Texas Health & Safety Code §611.008(a))



CONTACTING THE TEXAS BEHAVIORAL HEALTH EXECUTIVE COUNCIL (BHEC)

If you have questions about a licensed professional, or wish to make a complaint you may contact BHEC directly.


bhec.texas.gov

Enforcement@bhec.texas.gov

FILING A CONSUMER COMPLAINT

To file a consumer complaint about mental health services, visit the Texas Office of the Attorney General.

texasattorneygeneral.gov/consumer-protection



This information is posted in compliance with Texas law.