

# **Consumer Rights and Instructions**

**(Required Notice-Texas Health & Safety Code 181.105)**

## **1. Requesting Your Health Care Records**

You have the right to request a copy of your health care records.

**To request records:**

\*Submit a request via your therapist.

## **2. Contacting the Licensing/Oversight Authority**

**Texas Behavioral Health Executive Council (BHEC)**

Oversees licensed mental health professionals in Texas.

Website: <https://bhec.texas.gov>

Phone: (800) 821-3205 or (512) 305-7700

Address: 1801 Congress Ave. Ste.7.300, Austin, TX 78701

## **3. File a Consumer Complaint**

**Texas Office of the Attorney General- Consumer Protection Division**

File a complaint online at:

<https://www.texasattorneygeneral.gov/consumer-protection/file-consumer-complaint>

Consumer Protection Hotline: (800) 621-0508

Mailing Address: PO Box 12548 Austin, TX 78711-2548

*This notice is posted in compliance with Texas House Bill 4224 (Effective September 1, 2025)*