

## Making directions for mental health

In Queensland, **there are two advance health directive forms publicly available** for you to record your directions and express your views, wishes and preferences for your healthcare.

This fact sheet is intended to assist anyone wishing to make directions for mental health.

### I want to make directions for mental health—which form should I use?

You can use the [Advance health directive for mental health](#) guide and form issued by the Office of the Chief Psychiatrist. It includes information to help you make directions for mental health.

Alternatively, you can use the [Advance health directive](#) form issued by the Department of Justice and Attorney-General. We recommend this form if you're also including directions for other matters, such as your physical health.

Regardless of which form you use, **we recommend you read page 4** of the *Advance health directive for mental health* guide and form to make sure that you understand:

- when a treatment authority may be made if you have an advance health directive
- consent to receiving electroconvulsive therapy.

### Will my directions for mental health be treated differently, depending on the form I use?

No, they won't be treated differently.

In Queensland, the *Mental Health Act 2016* applies for **any** direction for mental health regardless of which advance health directive form you used.

### Where can I get more information for making directions for mental health?

You can get more information from:

- an [Independent Patient Rights Adviser](#) in a public sector mental health service
- a staff member of a mental health service
- the [Mental Health Act 2016 website](#).

