

## Supporting documents:

### Key document

- **Statement of Rights**  
your rights under the *Mental Health Act 2016*

### Guides

- **Guide to patient rights**
- **Advance health directive for mental health**  
guide and advance health directive form
- **Nominated support persons**  
guide and appointment form

### Factsheets

- Patient rights
- Role of nominated support persons
- Rights of family, carers and other support persons
- Advance health directives and less restrictive way of treatment

### Brochures

- Support persons
- Your rights

To view these documents or for more information, visit:

[www.health.qld.gov.au/mental-health-act](http://www.health.qld.gov.au/mental-health-act)

Mental Health Act 2016

# Advance health directives



# What is an advance health directive?

An advance health directive is a document that allows you to make decisions for yourself about your healthcare. This document can be used at a future time if you become unwell and are unable to make decisions.

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## Under an advance health directive, you can:

- agree to the treatment and care you would like to receive
- state the treatment and care you do not want to receive
- appoint another person to make decisions about your treatment and care
- express your views, wishes and preferences about healthcare and personal matters.

You can make an advance health directive at any time you are well and able to make decisions. You should discuss making your advance health directive with a doctor who understands your mental health.

## Can a treatment authority be made for me if I have an advance health directive?

A treatment authority authorises a doctor to provide treatment and care to a person who has a mental illness, without their consent.

A treatment authority cannot be made for you if you have an advance health directive that agrees to the treatment and care you need to get well again.

If your advance health directive does not agree to the treatment and care you need, a treatment authority may be made for you if the strict criteria for making a treatment authority apply.

## How do I make an advance health directive?

You can make an advance health directive by reading and completing the *Advance health directive for mental health—guide and form*, available from a mental health service or the *Mental Health Act 2016* website.

## Updating your health records

You should ask for your advance health directive to be recorded in your health records in a mental health service. By doing this, a doctor will know you have made an advance health directive if you are unable to make decisions for yourself at a future time. Your directive will be available to doctors at any mental health service in Queensland.

## Where can I get help if I want to know more about advance health directives?

### You can get more information from:

- an Independent Patient Rights Adviser in a public mental health service
- a staff member of a mental health service
- the *Mental Health Act 2016* website.