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:
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.

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.

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.