



My Rights, My Decisions

for people with mental illness or mental disorder

You have the right to be supported to make as many decisions about your mental health treatment, care and support as you can. For example:

- you should be given information in the way that you are most likely to understand
- you can receive information through a translator if you speak another language
- you can use a communication device to express yourself if needed
- you can contact family, friends, carer and/or Nominated Person (see below) to support you to understand and express your decisions

When you have decision-making capacity you can complete the following forms, with support if required, to say what you want to happen if you have reduced decision-making capacity in the future:

Nominated Person form – someone you choose who can help you make decisions, be consulted, receive information and support you to express your decisions and uphold your rights

Advance Agreement form – where you can say what your treatment preferences are and what you would like to happen practically with your dependants, pets, bills and so on, and any relevant information about you, such as languages you speak

Advance Consent Direction form – where you can say, with agreement from your treating team, what treatments, including medications, you agree or do not agree to receive when you are unwell, and who can and cannot receive information about your treatment

These forms are available as a single kit from:

ACT Mental Health Consumer Network

Phone: 02 6230 5796

Email: actmhcncn@actmhcncn.org.au

Website: <https://www.actmhcncn.org.au/mrmd/>

The Network also offers free workshops to help you understand your rights and complete a draft of these forms, ready for discussion, agreement and sign-off by your treating team.

	Nominated Person	Advance Agreement	Advance Consent Direction
Is a form available at on the ACT Mental Health Consumer Network website (www.actmhc.org.au/mrmd/)?	Yes	Yes	Yes
Can family or friends help me when I am writing it?	Yes	Yes	Yes
Do I need to discuss this with my treating team?	No	Yes	Yes
Is my signature required?	Yes	Yes	Yes
Is a signature from my Nominated Person required?	Yes	Yes, if you have one	No
Is a signature from my Treating team required?	No	Yes	Yes
Is a witness required?	No	No	Yes 2 witnesses if agreeing to Electroconvulsive Therapy
When might this document not be followed?	Appointment can be ended by the person you appointed at any time, or by the Chief Psychiatrist in limited circumstances	Your treating team may override your treatment preferences in your Advance Agreement if they are not reasonably practicable to follow	Your consents may be overridden in a mental health emergency, or if your treating team applies to the ACT Civil and Administrative Tribunal (ACAT) and ACAT agrees