

Will they listen to me?

What you want is important and your treating team must take your preferences into account when making decisions about your treatment. Support must be made available to you to help you make decisions to the best of your ability. Even if you cannot make decisions about some things, like medication, you may be able to make decisions about other things, like what other activities help in your recovery. Your **Nominated Person** can help you make decisions, but cannot make decisions on your behalf.

Your treating team may not follow your preferences:

- in an emergency situation; or
- if they believe that your decisions are unsafe or inappropriate, and the ACAT agrees that a different treatment is required.



Alto

About the Network

ACT Mental Health Consumer Network is an organisation run by consumers for consumers. Our aim is to bring about a higher standard of healthcare in the mental health sector through representation, lobbying and active involvement in new developments in the mental health sector.

We are committed to the rights of mental health consumers, promoting a respectful and accepting system that involves consumers, carers and professionals.



Opening hours

Monday to Friday 9am-3pm
(excluding public holidays)



Level 2 Room 11 Griffin Centre
20 Genge Street, Canberra City
GPO Box 836 Canberra ACT 2601



02 6230 5796
actmhcncn@actmhcncn.org.au



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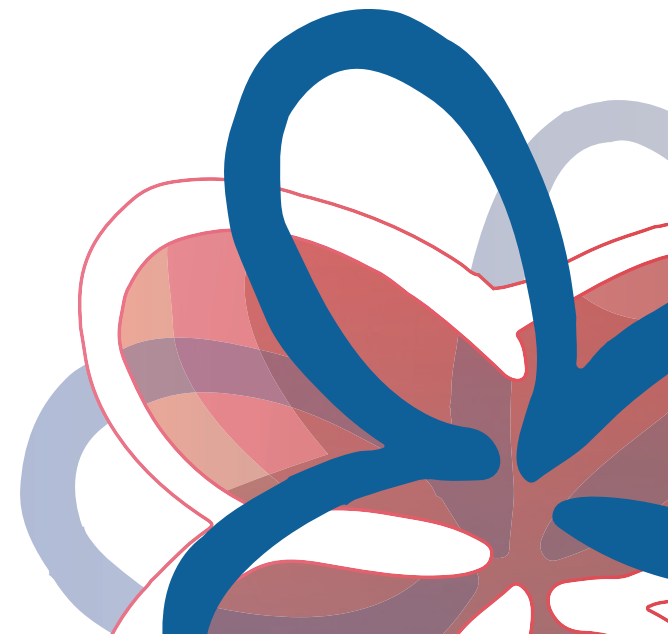
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ACT
Mental Health
Consumer Network

My Rights, My Decisions

for if I become
unwell in future



My Rights, My Decisions

We provide free workshops to help you make decisions for if you become unwell in the future. Under the *Mental Health Act 2015* (ACT), you have the right to put in place the following decision-making tools to help you if you become unwell:

- Nominated Person
- Advance Agreement
- Advance Consent Direction

My Rights, My Decisions (MRMD) workshops help you think about the things that are important to you for if you become unwell in the future. You will learn how to complete your Form Kit, including when you can complete it, what you can write in it, how to lodge it for future use and more.



How to say what I want?

You can say what you want for your treatment at any time.

You can ask for the support you want to help you make decisions. One type of support is a **Nominated Person**.

When you have decision-making capacity in this area, you can fill in a form to say who your **Nominated Person** is.

What if I can't make decisions?

When you have decision-making capacity, you can write down what you want to happen if you become too unwell to make decisions. You may choose to have support to fill in these forms:

Advance Consent Direction – where you can say what you do and do not want for treatment in the future, with the agreement of your current treating team

Advance Agreement – where you can voice your treatment preferences, and what should happen at home with your family, pets, bills and other things.

What if I don't want treatment?

You have the right to refuse treatment. However, if the outcome would be unsafe or harmful, this can be over-ridden by your treating team in an emergency situation, or through the ACT Civil and Administrative Tribunal (ACAT). The ACAT may make a Psychiatric Treatment Order (PTO). You can appeal to the ACAT if you are unhappy with their decision.

Where can I get the forms?

A Form Kit, containing Nominated Person, Advance Agreement and Advance Consent Direction, is available on the Network's website www.actmhc.org.au.

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