

# About the My Rights, My Decisions Form Kit

Under the *Mental Health Act 2015* (ACT), consumers have the right to put in place legally recognised decision-making tools to support them to participate in decisions about their treatment and support if they become unwell.

## The *My Rights, My Decisions* Form Kit:

- is based on the *Mental Health Act 2015* (ACT) provisions for Nominated Person, Advance Agreement and Advance Consent Direction.
- supports consumers to express their views and preferences about their mental health treatment, care and support, which in turn helps treating teams achieve better outcomes for people they are working with.
- has been developed in consultation with mental health consumers, ACT Government Health Directorate, ACT Disability, Aged and Carer Advocacy Service (ADACAS), CarersVoice ACT, Legal Aid ACT, and the ACT Human Rights Commission.

**Nominated Person Form:** Identifies whom the consumer has chosen to make and express their decisions if they become unwell.

**Advance Agreement:** Includes a person's decisions about 'everyday' matters, including who will look after their house or pets. Consumers can also provide any relevant information such as languages they speak or other illnesses they have.

**Advance Consent Direction:** Sets out directions relating to a consumer's mental health treatment. Consumers can also say who they do or don't want to receive information about them when they have reduced decision-making capacity.



These three tools are available for free as a Form Kit.  
Visit [actmhc.org.au/my-rights-my-decisions](http://actmhc.org.au/my-rights-my-decisions) or use the  
QR code to download a copy.

