

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.

Where can I get forms?

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

ACT Mental Health Consumer Network Inc

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Drop-In Times:

10am-1pm Thursdays

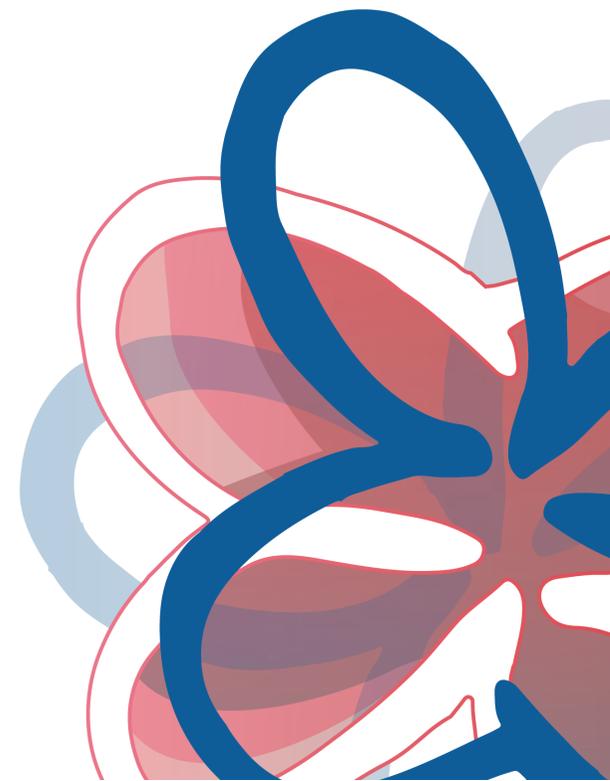
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ACT
Mental Health
Consumer Network

My Rights, My Decisions

When I have a
mental health issue



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.

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.

What if I do not want a 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.

What if I cannot 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.