



The cat doesn't stop needing food because we have been taken away, we don't cease being allergic to broccoli because we are admitted and we may or may not consider our family to be those written in the file as relatives. Your doctor or psychiatrist may have prescribed something you reacted badly or well to that isn't recorded in your file. Perhaps you find a hand on the shoulder reassuring when in crisis or perhaps personal touch is unbearable. You may have a friend who always wants to visit you in hospital but you would rather not see them at that time. Work or school may need to be notified of your absence but told something that will not bite you later.

- Consumer

Who Can Help?

A lawyer from the Mental Health Legal Centre can help you to make an Advance Statement.

We will work with you to understand what treatment you want and to ensure that this is expressed clearly in your Advance Statement.

Please contact us and ask to make an appointment with the Advance Statements team.

Postal Address: PO Box 12365
A'Beckett Street, Melbourne VIC 8006

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www.communitylaw.org.au/mentalhealth



Advance Statements

Improving Recovery Journeys

Information Booklet





What is an Advance Statement?

- An Advance Statement is a document that helps you have more say in how you are treated when you are receiving compulsory treatment.
- An Advance Statement sets out what treatment you want if you become so unwell that you require compulsory treatment.
- An Advance Statement may include information about:
 - Which treatment you find effective
 - Which treatment has been less effective for you in the past
 - Your views about electroconvulsive treatment.
- You can make an Advance Statement at any time.
- An Advance Statement must be:
 - In writing
 - Signed and dated by you
 - Witnessed by an 'authorised witness' who signs to say you understand what an Advance Statement is and the consequences of making one.

Effect of Advance Statement

- You should ensure that the people involved in your treatment and care know that you have made an Advance Statement and where it is.
- If you have an Advance Statement then this must be considered by your treating team.
- Sometimes your treating team will not follow your Advance Statement if they do not provide the treatment requested or if they do not think it will work.
- If this happens you can ask for written reasons, and must be given these within 10 days of asking.
- An Advance Statement cannot be altered. You will need to make a new one if you want to change it.

Why write an Advance Statement?

- An Advance Statement can tell your treating team about your home life, your personal understanding of what works and what doesn't work for your mental health and the people and things you rely on (and who rely on you) in daily life.
- None of us go to hospital when we are well so hospital and crisis staff usually only see us when we are unwell.
- An Advance Statement gives you the chance to sit down when well, work out what needs to be done and what works best for you should you become unwell.
- The information is available to the hospital or clinic when you need them to know but may be in a poor position to explain and have your wishes taken account.

The Mental Health Legal Centre can help you prepare an advance statement
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