



North Carolina's voice on mental illness

NAMI North Carolina is a grass-roots organization providing
Support - Education - Advocacy - Public Awareness
The mission of NAMI North Carolina is to provide support, education, advocacy, and public awareness
so that all affected by mental illness can build better lives.

Call our Helpline at 800.451.9682 for free information, referrals, and support

Psychiatric Advance Directives (PADs)

What are Psychiatric Advance Directives? Legal document(s) that allow you:

- To give consent for or to decline specific future psychiatric treatment AND/OR
- To authorize someone else to make decisions about treatment, based on your stated preferences (health care agent, also sometimes called health care power of attorney)

Why might I create a Psychiatric Advance Directive?

- Empowers you to plan ahead for crises before they happen
- Supports recovery, as you clearly give instructions about your preferences for healthcare
- Encourages dialogue about care with your treatment providers / other support system
- Offers you an opportunity to state preferences – not just for psychiatric treatment— but also for crisis planning for other practical life issues, such as stating arrangements for taking care of children and pets, paying bills, etc

What are other considerations for Psychiatric Advance Directives?

- PAD is a legal document that hospitals and treatment providers are required to consider – though it can be overruled in certain circumstances (for instance, involuntary commitment)
- Only used temporarily, until you regain capacity to do for yourself
- If you authorize it, you can allow a health care agent to speak directly with providers during crises, and to make decisions during crises on your behalf, if you are not able to do so at the time

How do I get started?

- Check out the website of the National Resource Center on Psychiatric Advance Directives (NRC-PAD) for videos, webcasts, research results, stories and experiences from individuals who have utilized PADs in a crisis, at www.nrc-pad.org
- Talk about PADs with your treatment provider, support network, or others with lived experience
- Download forms from www.nrc-pad.org/states/nc-forms
- More questions about PADs? Contact NAMI-NC at browland@naminc.org

July 2017