



## 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](http://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](http://www.nrc-pad.org/states/nc-forms)
- More questions about PADs? Contact NAMI-NC at [browland@naminc.org](mailto:browland@naminc.org)

July 2017



National Alliance on Mental Illness

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