



## Tips for meetings

You may ask for a meeting with the doctor and / or Case Manager. Try to stay calm although you may be feeling distressed.

### BEFORE

- Identify what you want to achieve from the meeting.
- Consider bringing a friend, family member or advocate with you.
- Decide on what you would like them to do (listen, take notes, keep focus on your outcomes).

### DURING

- Ask for people's full names and titles.
- Agree on the purpose of the meeting.
- Identify who is chairing the meeting.
- Focus on your outcomes.
- Keep an eye on the time.
- Write down any agreed actions and who is going to do them.
- Agree on the next steps.
- Identify the contact staff member and ask for their contact details.

### AFTER

- Take time to debrief.
- Practice self-care.
- Confirm decisions or actions and timeline by email / in writing.

## Helpful contacts

### Mental Health Advocacy Service

Phone: (08) 6234 6300  
 Freecall from landlines: 1800 999 057  
 Email: [contactus@mhas.wa.gov.au](mailto:contactus@mhas.wa.gov.au)  
[www.mhas.wa.gov.au](http://www.mhas.wa.gov.au)

### Carers WA

Phone: (08) 9228 7400  
 Freecall: 1800 242 636  
 Email: [info@carerswa.asn.au](mailto:info@carerswa.asn.au)  
[www.carerswa.asn.au](http://www.carerswa.asn.au)

### Health & Disability Services Complaints Organisation (HaDSCO)

Phone: (08) 6551 7600  
 Free call from landlines: 1800 813 583  
 Email: [mail@hadsco.wa.gov.au](mailto:mail@hadsco.wa.gov.au)  
[www.hadsco.wa.gov.au](http://www.hadsco.wa.gov.au)

### Mental Health Law Centre

Phone: (08) 9328 8012  
 Freecall: 1800 620 285  
 Email: [reception@mhlcwa.org.au](mailto:reception@mhlcwa.org.au)  
[www.mhlcwa.org.au](http://www.mhlcwa.org.au)

### Ethnic Disability Advocacy Centre Inc.

Phone: (08) 9388 7455  
 Freecall: 1800 659 921  
 Email: [admin@edac.org.au](mailto:admin@edac.org.au)  
[www.edac.org.au](http://www.edac.org.au)

### Mental Health Tribunal

Phone: (08) 6553 0600  
 Email: [enquiries@mht.wa.gov.au](mailto:enquiries@mht.wa.gov.au)  
[www.mht.wa.gov.au](http://www.mht.wa.gov.au)

These services are available during business hours Monday - Friday.

*Are you a family member or carer of a person who has been detained for mental health treatment?*

**Know your rights in relation to Treatment, Support and Discharge plans (Mental Health Act 2014)**

**You have a right to be heard**



## A typical journey to a TSD Plan

Concern is raised about an individual's mental state and perhaps the risk to their own or another person's safety. They are put 'on forms' by a GP, a mental health practitioner in the community or in an Emergency Department.

**Form 1A** is a referral for examination by a psychiatrist.

**Form 4A** makes a Transport Order to bring the person to a health service for examination.

**Form 6A** may be completed by a psychiatrist to make an **Inpatient Treatment Order** and the person is admitted as an involuntary patient. An adult can be held for **21 days** or a child for **14 days** at which point a review should have taken place.

**Form 5A** is a **Community Treatment Order** which requires the person takes treatment as an involuntary patient while they live in the community. Treatment, Support & Discharge plans should be started as soon as involuntary treatment begins.

## Where can I get more information?

There may be staff or peer workers in the hospital who can help answer your questions.

The Mental Health Advocacy Service is a free and independent service helping people with a mental illness know and protect their rights.

Handouts on Family & Carer Rights under the Act are available at [www.mentalhealthmatters2.com.au/Resources/](http://www.mentalhealthmatters2.com.au/Resources/) and at <https://mhas.wa.gov.au/how-we-help-overview/families-carers-and-nominated-persons>.

A range of resources in different languages about the Act is available at the webpage of the **WA Mental Health Commission** at <https://www.mhc.wa.gov.au/about-us/acts-and-legislative-changes/mental-health-act-2014/>.

## What are patient and carer rights with respect to a Treatment, Support & Discharge (TSD) Plan?

**The TSD Plan must outline the treatment and support that will be provided to the patient while in hospital or in the community and what will be offered after discharge.**

All treatment, care and support provided to an involuntary patient (including people on Community Treatment Orders) **must be governed by** a TSD Plan -

(Section (s)186 of the Mental Health Act (the Act) 2014. More information about the Act can be found at: [www.mhc.wa.gov.au/about-us/acts-and-legislative-changes/mental-health-act-2014](http://www.mhc.wa.gov.au/about-us/acts-and-legislative-changes/mental-health-act-2014).

**Ask: When are we meeting re the TSD Plan?**

The patient's psychiatrist **must** ensure that:

- the TSD Plan is prepared as soon as possible after the patient becomes involuntary
- it is reviewed regularly
- the patient - and others such as carers - **must** be given a copy. **(s187)**

**Ask: Is this the TSD Plan?**

(There are other documents with similar names such as a Discharge Summary).

The patient's psychiatrist **must** ensure that the patient and personal support persons (which includes carers) are involved in the preparation, and review, of the TSD Plan and that a record is made of their involvement. **(s188)**

**Ask: When will the Plan be reviewed?**

The Office of the Chief Psychiatrist's Clinicians Guidelines state that TSD plans Treatment and support plans are to be reviewed at least every 3 months ( p239). [https://www.chiefpsychiatrist.wa.gov.au/wp-content/uploads/2015/11/CPG\\_Edition-3\\_25112015.pdf](https://www.chiefpsychiatrist.wa.gov.au/wp-content/uploads/2015/11/CPG_Edition-3_25112015.pdf)

A psychiatrist **can exclude** a personal support person if a patient refuses to consent and the psychiatrist considers their refusal to be reasonable **(s288)** or if the psychiatrist considers it's not in the patient's best interest **(ref. s292)**.



The assessment, examination and treatment of an Aboriginal or Torres Strait Islander (ATSI) person should be conducted, as far as is practicable and appropriate, in collaboration with an ATSI mental health worker and significant members of the person's community including elders and traditional healers. **s50,s81, s189.**

## Principle 7 of the Mental Health Act 2014:

A mental health service **must** provide treatment and care to **people of Aboriginal or Torres Strait Islander descent** that is appropriate to, and **consistent with, their cultural and spiritual beliefs and practices** and having regard to the views of their families and, to the extent that it is practicable and appropriate to do so, the views of significant members of their communities, **including elders and traditional healers**, and Aboriginal or Torres Strait Islander mental health workers.



**More information about family / carer rights can be found in:**

**The WA Carers Recognition Act 2004**  
**National Carers Recognition Act 2010**  
**National Mental Health Standards 2006**



Members of MHM2 and F4FWA co-designed this brochure.

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W: [www.mentalhealthmatters2.com.au](http://www.mentalhealthmatters2.com.au)

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