

## Mental Health (Care & Treatment) Scotland Act 2003

### *Make Your Choice* Advance Statement

#### **What is it?**

It's a written statement that you make regarding your choice of treatment, what you like and what you don't like.

#### **Why write one?**

If you become too unwell to tell people what medications and treatment you like & don't like your doctor / consultant will refer to your statement and take your wishes into consideration. If your wishes are not followed The Mental Welfare Commission must be notified.

#### **How to make an advanced statement**

You can write one yourself or you can ask for help from someone who knows you e.g. your support worker, nurse, key worker, social worker, advocacy worker or friend. You can pick up a form from mental health services, or mental health advocacy project.

#### **What happens next**

Your statement must be signed by yourself and signed and dated by a witness (usually someone qualified in health or social work). You then keep a copy yourself and send copies to:

- hospital medical records
- your GP
- your Named Person (you can find out more about this from the named person leaflet)
- anyone else you think should have a copy



*...Services for you, influenced by you...*

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