Communicating my preferences: mental health advance directives and My Health Record

Mental Health Australia

Did you know...

You can now share your choices about future mental health treatment by uploading a mental health advance directive to My Health Record.

This means health professionals can quickly see and understand your choices if you become unwell.

What is a mental health advance directive?

A plan you create to let people know your choices about your mental health if you become unwell and can't communicate what you want. You can then securely upload it to My Health Record, a place where your health information is stored electronically.

Voluntary process
You choose to create one, and you choose to upload it.

Reduces stress
Lets others know what you want if you are unable to communicate your wishes in the future.

Shares your values and choices
Helps you to share what is important to you, especially about medications and treatments.

Connect Your Network
You can say if you want family or carers to be involved in your care.

How do I make a mental health advance directive?

Each state has its own rules about how to create one and how they are used. Your GP or healthcare provider can help you with this. For more information, visit mhaustralia.org.

Why should I upload a mental health advance directive to My Health Record?

Fast Access
Health professionals can find it quickly, and know what you want.

All in one place
Keep your information all together.

Easily Changeable
You can view and update it online anytime.

Less to remember
No need to carry paper copies.

How do I upload a mental health advance directive to My Health Record?

You can upload a mental health advance directive to your My Health Record in the "Advance Care Planning" section. You can view information on the My Health App. See instructions at digitalhealth.gov.au/ACP, or call the My Health Record helpline on 1800 723 471.

Is it secure?

Yes, My Health Record is a safe and secure system, and you are in control of it. You can manage your important information, control who has access to it, and see what has been accessed. You can delete your information or record at any time.

Yes!