

# Plan Ahead for Your Mental Health Care

## What is a Declaration for Mental Health Treatment?

A Declaration for Mental Health Treatment (also called a “Psychiatric Advance Directive” or PAD), is a legal form that lets others know the kind of mental health care you want and don’t want if you are not able to tell them yourself.

## With this form, you can:

- Say what mental health treatments you do or do not want, such as medications
- Choose a person you trust to make decisions for you if you cannot make them yourself.
- Help your treatment team understand your wishes.

## Why is this important?

A Declaration for Mental Health Treatment gives you a voice in your future care. It helps others know what is important to you during a mental health crisis.

To learn more, visit our website [bbtrails.org/crisis-services](https://bbtrails.org/crisis-services) and click on the Declaration for Mental Health Treatment button or scan the QR code:



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## How do I Complete a Declaration for Mental Health Treatment?

- Scan the QR code to open a blank Declaration for Mental Health Treatment form or visit our website, [bbtrails.org/crisis-services](http://bbtrails.org/crisis-services), and click on the Declaration for Mental Health Treatment button.
- Complete the form with your treatment choices.
- Follow the instructions on the form for signing and witnessing.
- Keep a copy for yourself and share copies with people you trust and your treatment providers.



## For More Information:

- Visit the National Resource Center on Psychiatric Advance Directives' website: [nrc-pad.org/states/texas](http://nrc-pad.org/states/texas)
- Bluebonnet Trails Community Services can help connect you to information and resources. Ask your service provider or call **512-244-8324** to ask for help.

**Bluebonnet Trails 24/7 Crisis Line: 800-841-1255**  
**Call or Text 988 for the Suicide & Crisis Lifeline**