

Psychiatric Advance Directive (PAD)



What is a PAD?

A Psychiatric Advance Directive (PAD) lets others know the kind of mental health care you want and don't want if you are not able to tell them yourself. In Texas, PADs are called "Declarations for Mental Health Treatment."

A PAD lets you make choices about:

- Emergency mental health care
- Medicine for mental illness
- Shock treatment (also known as electroconvulsive therapy or ECT)

Where do I start?

1. Ask someone you trust to help.
2. Find 2 witnesses to sign your PAD.

Witnesses cannot:

- Be under the age of 18
- Be a family member
- Work for your treatment provider

Where to Find More Info & Sample PADs

National Resource Center on Psychiatric Advance Directives

www.nrc-pad.org/states/texas

Texas Department of Health and Human Services

bit.ly/DMHTform

Disability Rights Texas

1-800-252-9108

bit.ly/DMHTguide

National Alliance on Mental Illness

bit.ly/namiPAD

Where to Find Legal Help

You can make a PAD without a lawyer, but a lawyer can help you know your rights and PAD rules.

Texas Rio Grande Legal Aid, Inc.

888-988-9996

www.trla.org

Disability Rights Texas

1-800-252-9108

Texas Legal Services Center

866-979-4343

www.tlsc.org

Capital Area AIDS Legal Project

Legal help for people with HIV/AIDS in Central Texas

512-458-2437

www.asaustin.org

IntegralCare.org

512-472-HELP (4357)