



Mental Health Advance Preferences Statement

Mapping your preferences in advance

What is a MAP?

A Mental-health Advance Preferences statement (MAP) is a way for you to let people know what you would like to have happen if you experience an episode of mental distress. It can give you a voice when you might not normally be heard because you are too unwell or not in a position to be able to speak for yourself.

Why should I have a MAP?

A MAP can let your care team know about things important to you and that you believe will help in your recovery. While a MAP does not override the powers to treat provided by the Mental Health Act, or the rules about privacy of health information under the Privacy Act, you generally have the right to be provided with care that considers your specific needs, values and beliefs, and your MAP is a good way of making sure your treatment team knows what these are.

Your MAP can be used in any situation where you do not feel able to speak for yourself regarding your mental health care treatment.

How do I develop a MAP?

The MAP form is available on the website www.southernhb.govt.nz (www.southernhb.govt.nz/pages/mental-health-advance-preferences/advance-directives). If you click on the quick link on the home page, it will take you to the Mental Health Advance Preference page, with all the links you need to fill your MAP out online. You can also get a hard copy from any of the MH services.

We recommend you fill out the MAP together with someone you trust, who knows you well enough to help you include all the information you want your treatment team to know about you.

Your ideas about what works for you will change over time, and so we suggest you review and update your MAP regularly (e.g. every 12-18 months).

What can I include in my MAP?

The MAP adds to your existing medical records, so it is not necessary to use it to explain your entire mental health history. It is also important for you to realise that it is not a substitute for an assessment by a healthcare professional but another tool for you and your team to use to understand how you, as an individual, would benefit most from the treatment options available.

This diagram gives some ideas you might want to think about when writing your MAP. You can include statements regarding any or all of the items suggested, or add other ones you think are important to you.

This is your personal MAP.

What happens to my MAP?

Your MAP will become a part of your medical records, but only people who are involved in your care will have access to it. The information in your MAP will be available to the staff of mental health services.

We recommend you keep one copy for yourself and give copies to other people you believe would be helpful (such as a family/whānau member or support person). If you need to have copies provided, we can help with that.

