

Notification

- Your carer, close family member or other personal support person will be notified of the outcome of the examination, unless the authorised psychiatric practitioner believes that this is not in your best interests.

Your rights

- You have the right to:
 - be treated with dignity and respect
 - be consulted, receive information about your treatment options and rights and to have your questions answered in a format and language you understand
 - be able to contact people including your carer and a family member
 - privacy and confidentiality of your personal information
 - an interpreter
 - keep your personal items secure while you are in hospital
 - ask for assistance from a Community Visitor - this is a free and independent service
 - make a complaint to your hospital, the NT Ombudsman, or the Health and Community Services Complaints Commission (HCSCC).

Further information

The information in this brochure relates to the laws set out in the *Mental Health and Related Services Act 1998*. Information about the Act is summarised in the following set of brochures:

- Referral to hospital for an examination (Form 9)
- Voluntary treatment in hospital
- Treatment in the community
- Involuntary treatment in hospital
- Receiving treatment for a mental illness

More information is also available from

<https://nt.gov.au/wellbeing/mental-health>

Northern Territory Mental Health Access Line (24hrs, 7 days)

Free call: 1800 682 288

Community Visitor Program

Free call: 1800 021 919

NT Civil and Administrative Tribunal (NTCAT)

Free Call: 1800 604 622

Health and Community Services Complaints Commission (HCSCC)

Free Call: 1800 004 474



We can book an interpreter for you

Referral to hospital for an examination (Form 9)

A Form 9 referral is an order under the Mental Health and Related Services Act 1998 for you to have an examination by an authorised psychiatric practitioner at the hospital without your consent.

This brochure provides you with information about what your rights are and what you can expect if you are on a Form 9 referral.



What is a Form 9 referral?

- A Form 9 referral is different from an ordinary referral.
- It is made when a doctor or a highly qualified mental health clinician has made an assessment that you may need treatment at hospital.
- It is an order under the *Mental Health and Related Services Act 1998* for you to have an examination by an authorised psychiatric practitioner.
- The referral is valid for 14 days.

An authorised psychiatric practitioner is a doctor who has been specially trained to diagnose and treat mental health disorders.

What does the referral mean?

- You have to go to a hospital with a treatment facility as soon as possible for an examination.
- There are treatment facilities at:
 - Royal Darwin Hospital; and
 - Alice Springs Hospital.
- To ensure your safety or the safety of other people, you may be detained to make sure that you get to the treatment facility for the examination.
- Transport to the facility will be arranged.
- Sometimes police or emergency services might help if there is no other safe alternative.
- You may be offered treatment such as medication and you have the choice to accept or refuse it.

- If you refuse treatment, and it is needed to save your life or prevent you from hurting yourself or someone else, then emergency treatment can be given without your agreement.

At the treatment facility

- Once you arrive at the treatment facility, you cannot leave until an authorised psychiatric practitioner has examined you.
- An authorised psychiatric practitioner will examine you by talking to you and asking questions.
- Sometimes the examination may be done over a video link.
- If you are an Aboriginal or Torres Strait Islander person, an Aboriginal or Torres Strait Islander mental health worker might be there to help the authorised psychiatric practitioner talk with you.
- If you speak a language other than English, an interpreter may be used to help the authorised psychiatric practitioner talk with you.
- At the examination the authorised psychiatric practitioner will consider:
 - if you have a mental illness that needs treatment; and
 - if you are well enough to make a decision about treatment; and
 - if there is a risk to you and/or other people if you do not get treatment; and
 - the least restrictive way of providing you with treatment and ensuring the safety of you or other people.



What can happen next

The authorised psychiatric practitioner will talk to you about whether you need to have treatment.

1. If you do not need to have treatment, you may **leave the facility**.
2. If you do need to have treatment, you may be asked if you agree to have treatment as a **voluntary patient**.
3. If you are unwell and refuse treatment, the authorised psychiatric practitioner may decide that you need to be an **involuntary patient** for your own safety or the safety of others.

Depending on your illness, you may be either:

A. Admitted to hospital for treatment.

If you have not already been examined by 2 authorised psychiatric practitioners, you will have another examination to confirm your involuntary admission within 24–72 hours (1–3 days).

B. Placed on a **community management order**.

You will receive treatment outside of hospital and will be given the time and place of your first appointment.

