



1. WHAT I WOULD LIKE TO HAVE HAPPEN:

Strategies that work for me
Hospitalisation/alternatives to hospitalisation
Medication that helps
ECT
Seclusion or other restraints
Specific visitors
Access to specific mental health team workers
Rights I would like to have if I'm hospitalised
Information about what is going to happen
My recovery options





2. WHAT I DO NOT WANT TO HAVE HAPPEN:

Things that don't work for me
What not to do
Things that increase my anxiety
Medications that don't help
Hospitalisation
ECT
Seclusion or other restraints
Specific visitors



3. WHO SHOULD BE CONTACTED WHEN I AM IN CRISIS:

Alternative contact person in case your first choice is not available
Family/whānau/next of kin
Friends
Support worker/community group
Religious or cultural leaders (e.g. Chaplain, kaumātua)



4. WHO I DO / DO I NOT WISH TO HAVE INCLUDED IN MY CARE:

Family/whānau/next of kin
Friends
Specific mental health team workers
Support worker/community group
Religious or cultural leaders



5. MANAGING PERSONAL AFFAIRS:

Home organisation (e.g. Mail, lawn, lights, heating)
Dependents (e.g. Children, elderly parents)
Financial matters (e.g. Rent, banking)
Pets



6. PREFERENCES:

Cultural
Spiritual
Self-management
Sensory modulation
Dietary



7. OTHER RELEVANT INFORMATION:

Things about myself
My physical health
Early warning signs
Triggers
Information about other relevant documents (e.g. WRAP, health passport)
Power of attorney