

What are some of your rights under a CTO?

- ❖ You must be given a copy of the CTO.
- ❖ A CTO must state what you are required to do (for example when and where you have to go for treatment and the name of your supervising psychiatrist).
- ❖ A CTO must state when it ends – and it cannot last longer than 3 months. This does not mean a CTO will necessarily remain valid for the entire 3 months. If your doctor believes you have improved or you agree to be compliant and continue to take your medication he or she may release you from a CTO.
- ❖ A CTO can be extended for another 3 months BUT you must be told in writing that it is going to be extended AND it must be extended before the 3 months expires.
- ❖ If a CTO is going to be extended you can request a second opinion – but you have to put your request for the second opinion in writing – an Official Visitor can help you with this and tell you what happens if you don't get the second opinion in 14 days.
- ❖ If your doctor wants to keep you on a CTO longer than 6 months, a new CTO has to be made – an Official Visitor can explain this in more detail as well as your rights.
- ❖ You must be examined by a doctor at least once a month (but it doesn't have to be the psychiatrist every month).
- ❖ It is a requirement of the *Mental Health Act* that you cannot leave the State while you are on a CTO.

What happens if you don't comply with a CTO?

You have rights even if you don't comply with a CTO. Call the Council's freecall number 1800 999 057 and ask to speak to an Official Visitor for more information.

Helpful Phone Numbers

Council of Official Visitors

Freecall 1800 999 057

Mental Health Review Board

Phone: 08 9219 3162

Mental Health Law Centre

Freecall 1800 620 285

Office of the Chief Psychiatrist

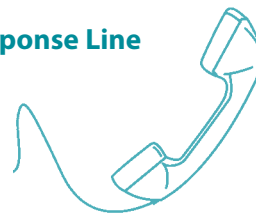
Phone: 08 9222 4462

State Administrative Tribunal

Phone: 08 9219 3111

Mental Health Emergency Response Line (Rurallink)

Freecall 1800 552 002 (24 hours)
TTY 1800 720 101



This information is available in alternative formats upon request, phone 1800 999 057.

COUNCIL OF OFFICIAL VISITORS

Community Treatment Orders



Do you want to know about your rights under a Community Treatment Order (also called a CTO)?

Have you got a problem with a CTO or the treatment you are getting on a CTO?

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(also called a CTO)?**

**Have you got a problem with
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getting on a CTO?**

**The Council of Official
Visitors has mental health
advocates who can help you.**

**Ring 1800 999 057 (free call)
and an Official Visitor will call
you back.**

What are Official Visitors?

An Official Visitor is an independent person – *who is not employed by the Health Department* – whose role is to advocate on behalf of people with a mental illness who are made involuntary patients or who are on a CTO or who are living in a licensed psychiatric hostel. Their assistance is free and confidential.

How can Official Visitors help you?

They can explain your rights and obligations under a CTO and under the *Mental Health Act* generally. They can advocate for you. For example, with your permission:

- ❖ **they can speak to your doctor or treating team and ask questions about your treatment;**
- ❖ **they can assist to resolve any complaints you have with your treatment;**
- ❖ **they can attend meetings with you and your doctor or treating team;**
- ❖ **they can call or meet your doctor or treating team to get answers to questions about your treatment;**
- ❖ **they can call your doctor or treating team to negotiate on your behalf;**
- ❖ **if your rights have been infringed and it is appropriate, they can raise the issue with the Chief Psychiatrist and/or the Minister for Mental Health.**

An Official Visitor can help you to make an application to the Mental Health Review Board to have a CTO reviewed. For example, if you believe you do not need to be on a CTO any longer, or you want to change the terms of a CTO, the Official Visitor can make the application for you. They can also attend with you and speak on your behalf at the Review Board hearing or they can arrange for a lawyer from the Mental Health Law Centre to represent you.

An Official Visitor can help you request a second opinion where a CTO is to be extended.

Official Visitors have powers under the *Mental Health Act* which require your doctor or treating team to respond to their inquiries.