

ADVANCE DIRECTIVES AND LEGAL AID

Advance Directives

Advance Directives are documents that allow you to state your wishes about medical and mental health care in the event that you are unable to speak for yourself such as:

- Living Will
- Health Care Power of Attorney
- Advance Instructions for Mental Health Treatment or Psychiatric Advance Directive

As a competent adult, you have the right to accept or refuse any medical or mental health treatment and to formulate advance directives (instructions).

We have material available that will provide you with information to help you decide whether to complete an advance directive. Please ask the Medical Assistant or the front office staff for a copy or you may visit the following websites:

- Advance Directives: <https://dma.ncdhhs.gov/advanced-directives>
- Psychiatric Advance Directives: <http://www.mentalhealthamerica.net/psychiatric-advance-directives-taking-charge-your-care>

If you already have an advance directive, please bring a copy with you at your next appointment so you can discuss your wishes with your therapist or physician. Your advance directive will be placed in your medical record.

Legal Aid

For persons of any age who meet the limited income and asset requirements to be eligible for legal aid, there are regional Legal Aid of North Carolina (LANC) offices across the state of North Carolina (<http://www.legalaidnc.org/get-help/Pages/our-services.aspx>).

Legal Aid of North Carolina helps with civil (non-criminal) problems involving housing, employment, domestic violence, government benefits, consumer protection, public education, advance directives (wills and powers of attorneys), and certain other issues.