

Community Treatment Orders



This easy read information sheet is about **Community Treatment Orders**.

A Community Treatment Order is called a **CTO** for short.

A **CTO** is a plan for you to get your **mental health treatment** in the community without having to stay in hospital.



You must follow the rules in the plan.

If you do not follow the rules you may need to go to hospital.

Mental health is about how you think and how you feel.



Treatments are things that can help you feel better.



Your doctor says if they think you need a CTO.

Your **designated carer** or **principal care provider** can also apply for a CTO.



A **designated carer** is a person who you have chosen to be told information about your mental health.

Designated carers are people who you know well.



Your **principal care provider** is the main person who helps or cares for you when you are at home.



You can talk to your doctor about what treatment is best for you.

You can ask questions.



Your doctor decides what treatment you need and writes it down in a **treatment plan**.

A **treatment plan** is a list of things that can help you get better.



You can ask someone you trust to go with you to talk to the doctor.

This could be

- a family member
- a friend
- a support person



CTOs have different treatments for different people.



Some CTOs say what type of **medication** you must take.

Medication is sometimes called medicine or drugs.

Medication can be in

- a tablet
- a pill
- a drink
- a needle

Doctors tell people which medicine to take to help make them better.



Some CTOs say you must go to a mental health service or see a certain **mental health worker**.

Mental health workers are people who work to help you with your mental health.



The **Mental Health Review Tribunal** has to look at what treatment the doctor has said helps you.

The **Mental Health Review Tribunal** is a group of people who know a lot about mental health treatment and the law.

The Tribunal uses your doctor's treatment plan to make a CTO.



Having a CTO means that there are rules about your treatment that you must follow.



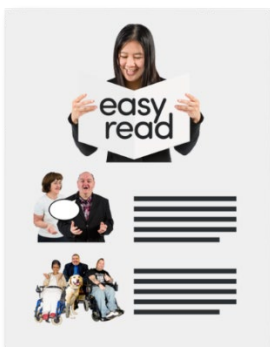
Your CTO also tells you what happens if you do not do what it says.



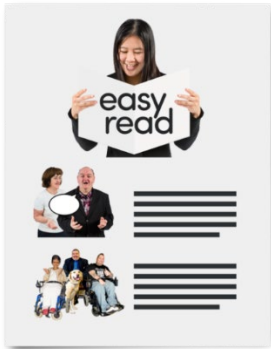
If the Mental Health Review Tribunal makes your CTO for longer than 6 months, you have a right to **appeal** this.

An **appeal** means you ask the Mental Health Review Tribunal to have another meeting.

You may ask for an appeal if you want the Tribunal to consider making your CTO shorter.



There is an easy read information sheet about the **Mental Health Review Tribunal** or go to www.3dn.unsw.edu.au/projects/easyread.



There is more easy read information about the **CTO rules** or go to www.3dn.unsw.edu.au/projects/easyread.



You can always ask someone for help if you do not understand.



You can ask someone you trust.

That might be

- a family member
- a friend
- a support person
- a health worker



You can also talk to an **Official Visitor**.

Official Visitors make sure people who are getting mental health care on CTOs are treated well.

They do not work for mental health services.

Someone you trust can also talk to an Official Visitor.



To talk with an Official Visitor call **1800 208 218**.

It is free to call this number.

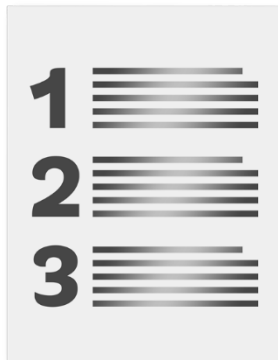
You can also ask someone you trust to call for you.



If you have questions about mental health and the law you can call the Mental Health Advocacy Service.

Someone you trust can also call the Mental Health Advocacy Service.

The Mental Health Advocacy Service phone number is **9745 4277**.



There is a list of what some **words** mean in this information sheet **here** or go to www.3dn.unsw.edu.au/projects/easyread.

The NSW Mental Health Act- Community Treatment Orders

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This information sheet is part of a series of easy read resources explaining

- how people can access public mental health services in New South Wales and
- what they can expect.

For information on how to support people to use easy read see [**Making mental health information accessible for people with intellectual disability – A Toolkit**](#)

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