



# Psychiatric Advance Directive™

*My Plan • My Voice*

## **Be prepared and make sure your voice is heard if you have a behavioral health crisis.**

A Psychiatric Advance Directive (PAD) is a legal document that includes an individual's specific instructions or preferences regarding treatment during a future behavioral health crisis (mental health and/or substance use) in which they might not be able to make their own decisions.

A PAD is a way to **share preferences and information** with first responders and healthcare providers.

## **An Online Tool to Empower Informed Decisions**

**Friendly** and interactive website

**Easy** to create, store, and update PADs

**Real-time access** to PADs for any supporters and professionals during a mental health crisis

**Secure** – only share what you choose



- *What helps calm you?*
- *Who should be contacted?*
- *What treatment do you prefer?*

Stay in control of your treatment and clearly communicate your wishes in a time of crisis.

## **Do you live or go to school in Claremont, La Verne or Pomona?**

You can create an online PAD at no cost, with help from trained peers.

Tri-City Wellness Center  
1403 N. Garey Ave., Pomona, CA 91767  
Walk-in hours:  
Wednesdays & Fridays, 10am–5pm

For more information or to schedule an appointment (including meeting at your location):

Call **(323) 772-9736** (English)  
**(323) 542-5139** (en Español)

Email: **PADSinfo@prpsn.org**



**PROJECT RETURN**  
PEER SUPPORT NETWORK

Learn more: [www.padsca.org/tri-city](http://www.padsca.org/tri-city)