

# 14: Restriction Order

Most people with a mental illness or mental disorder willingly and actively seek help and can make decisions about what kind of treatment, care and support they want. There may however be times when you become unwell as a result of your mental illness or mental disorder and cannot make those decisions (you don't have decision-making capacity), or you refuse help, despite there being a risk of harm to yourself or the community. In these situations, a Mental Health Order may be made and in some situations a Restriction Order may also be made.

## What is a Restriction Order (RO)?

A RO is a type of Mental Health Order that can be added to a Psychiatric Treatment Order (PTO) or a Community Care Order (CCO).

A RO can:

- tell you where you must live or where you must stay.
- state any people you must not see or talk to, places you must not go and/or things you must not do.

## When can a RO be made?

Application for a RO can be made by the Chief Psychiatrist/Care Coordinator (or their delegate) to the ACT Civil and Administrative Tribunal (ACAT).

ACAT is responsible for making and reviewing applications and can make a RO if:

- the Order is needed to keep you, someone else, or the public safe; and
- treatment, care, and support cannot be given in a way that involves less restriction of your freedom of choice and movement.

## How long will I stay on a RO?

A RO can be made for a maximum of three months.

You can discuss your RO with ACAT, the Public Advocate or your lawyer at any time.