Advance Directive Resources

**NAMI Virginia - Peer-to-Peer Recovery Education Program**
Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. It is a 9-week course peer-taught by mentors who have received specialized training. Participants of the course come away with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

[www.namivirginia.org](http://www.namivirginia.org) or 1-888-486-2864

**VOCAL**
The Virginia Organization of Consumers Asserting Leadership (VOCAL) is a statewide nonprofit organization of people in mental health recovery.


**MHAV**
Mental Health America of Virginia

[http://www.mhav.org/](http://www.mhav.org/) or (866) 400-MHAV (6428)

**Bazelon Center for Mental Health Law**

**National Resource Center on Psychiatric Advance Directives**

**Virginia Health Care Decisions / Medical Advance Directive**
The Virginia statute as it appears on the state legislature website
[http://leg1.state.va.us/cgi-bin/legp504.exe?000+cod+54.1-2981](http://leg1.state.va.us/cgi-bin/legp504.exe?000+cod+54.1-2981)

**Caring Connections**
State-by-state information on advance directives

**Virginia State Bar**
[http://www.vsb.org/sections/hl/add06/TOOL_KIT.pdf](http://www.vsb.org/sections/hl/add06/TOOL_KIT.pdf)

**National Healthcare Decisions Day**

*This document is not a complete resource guide but is meant to provide some information about advance directives and healthcare decision-making*