

What to Expect at a Mental Health Unit

Mental Health Units

Mental health units provide a comfortable, safe healing environment for you to focus on caring for yourself. You are encouraged to socialize with other people and your health care team during your stay.

The following information will help you understand what to expect at a mental health unit.

Environment

- Doors into and within the unit will be locked. This is for your safety.
- There may be single and double rooms available. You may need to share a room with another person.
- TVs and phones are provided in lounge areas.
- Visiting guidelines and hours will vary at each unit. Call the unit (hospital) at which you will be staying for information about this. (There may also be restrictions about children visitors.)

Group Sessions

A variety of group sessions will be offered each day and may include:

- exercise groups
- goal groups
- education groups
- job (occupational) groups
- activity (recreational) groups.

Mental Health Unit Information

Hospital: _____

Address: _____

Phone number: _____

Group sessions are offered to help you identify your symptoms and stressors, and find ways to cope and manage them.

You may also learn by sharing your experiences and hearing from others. You will be asked to share only what you feel comfortable sharing.

You will need to attend group sessions during the day. You may also be invited to attend other activities your health care team recommends. Talk with your health care team for more information about what is offered at your unit.

What to Bring

Here are some items you may want to consider bringing for your stay.

- two to three changes of clothing
- appropriate pajamas
- comfortable shoes without laces

(over)

- personal hygiene products
- important phone numbers
- health care directive (if you have one)
- small amount (\$10 or less) of money for personal use.

The mental health unit is not responsible for any lost or stolen items during your stay. Please be responsible when considering what to bring with you.

What Not to Bring

For your (and others') safety, there are some items you cannot bring to the unit. This includes:

- cell phones
- laptops
- electronics
- CDs or DVDs
- cameras
- clothing with drawstrings
- shoestrings
- belts
- items with glass such as a mirror
- large amounts of money
- other items that may be a safety concern.

Meals

Starting the second day of your stay, you will be able to choose your meals one day in advance. Meals times are posted on each unit and the food is delivered by nutrition services.

Behavior Guidelines

- You will need to attend all group sessions.
- Your health care team will encourage you to socialize with others and participate in activities.
- The mental health unit is a safe environment and you will be expected to behave properly. Your health care team will address any behavior they feel is a risk to your or others' safety.

It is important to tell your health care team if you feel unsafe at any time during your stay.

Important

You have the right to leave the mental health unit (hospital) within 12 hours of being asked if you are a "voluntary patient." If you wish to leave, you may be asked to write down your request.

Questions for My Health Care Team

For More Information

Talk with your health care team if you have questions about mental health units.