

Welcome to the Adolescent Psychiatric Unit

Surrey Memorial Hospital



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Why am I here?

Your current health team want you to take some extra time for your mental health.

What is mental health?

Mental health is the overall well-being of your emotions, feelings, and thinking. Sometimes people develop mental illness, which means they need some help by professionals. Mental illness is treatable, and professionals have different ways they can help.

How long will I be here?

Most kids stay 2 to 4 weeks, however it is different for everyone. We have meetings every week to talk about when you might be able to go home. You might get to go home in the evenings or on the weekends once you are feeling better to practice what you have learned on the unit.

Will there be other kids here?

Yes! We have 10 beds for kids ages 12 to 17. You will get to know them, but we ask you to focus on yourself. It is important at this time that you are learning new skills and placing all your energy on getting better.



Try not to share your personal information and social media, because we want the other kids to focus on themselves too.

Who will be on the unit?



There is a team on unit that will help you. These people will introduce themselves to you as you meet them. We encourage you to ask questions.

Some of these team members include:

- Psychiatrists
- Nurses
- Youth Care Counselors
- Occupational Therapists
- Recreational Therapist
- Social workers
- School Teacher

Your family and caregivers will be a big part of your care here on the unit as well. They can visit and talk to our team, but they cannot sleep over.

How do I get help?

Our team has special training to help you with your mental health. You will have time to talk to our staff, as well as go to groups with other patients.



We will teach you coping strategies. We practice them while you are here, so you can use them when you go home.

Sometimes we ask you to take medicine to help with your mental health. We like to watch you closely while you take this medicine so we know that you are okay. We also teach you about it so you know how to take it when you go home.

What can I bring?

Here you can wear your own clothes, and one pair of shoes. Please wear clothes that are respectful of yourself and others. You do not need to bring too many clothes, as you will not be here for too long. We have washer and dryer so you can clean your clothes.

Can I bring my cell phone or iPad?

We do not allow any personal electronics, including cell phones. You can use our phone, as well as our Spotify account and movies!

Will it be fun on the unit?

We will have some laughs and fun, but it is not the reason why you are here. You are here to learn about mental health and get better. We are going to work together with you and your family or caregivers. Please listen to our team. We will also listen to you on what you need for your recovery.

Can I have family and friends on the unit to visit?

Visitors are welcome, but we like to keep it at 1 to 2 people at a time. Visitors are usually family and people you live with.

Please do not be afraid to ask us questions.

We are here to help!

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This information does not replace the advice given to you by your healthcare provider.

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