

Welcome to the Weyburn Mental Health Centre.

The WMHC is a 24 hour in-patient unit dedicated to serving individuals who require acute mental health services. On admission you will;

- Be introduced to the mental health team.
- Be seen and assessed by your psychiatrist.
- Be provided a safe environment. Belongings will be checked by staff for safety. Some items are required to be locked up for safe keeping.
- During your 48 hour assessment period you will be provided with hospital attire. Time frame may be extended.
- You will be provided with a copy of your rights under the Mental Health Act and a more detailed pamphlet about the unit.

During your stay you will be assigned a nurse each day. You doctor will see you throughout the week, not necessarily every day. You will have access to an on site pharmacist.

Patients are expected to participate in therapeutic interventions daily. Exercise equipment is available. Patients are responsible for their personal needs as capable (i.e. tidy room, make beds, clean up individual meal tray, personal laundry, and hygiene).

What to Bring:

- Medications including herbal
- Changes of clothes (weather appropriate). We recommend 3 days worth, washing facilities available.
- Walking shoes
- Slippers
- Hygiene/toiletry supplies
- Books/crafts (limited amount)
- A few family photos for memory cabinet
- Small amount of money
- Cigarettes if you smoke
- Non allergic shampoo and washing machine detergent if applicable.
- Mobility aides as required

What *not* to Bring:

- Perfumes/colognes
- Laptop/computers
- Vehicles
- Glass vases
- Cell phones
- There is ZERO tolerance of contraband items/weapons/drugs and alcohol by both patient and visitors.

Smoking:

This is a smoke free facility. No smoking is allowed within the building. Patients may smoke outside on the deck during breaks in scheduled programs. Patients are not allowed to go outdoors to smoke between the hours of 10 p.m. and 6 a.m. – during which time the unit is locked. Patients are in charge of purchasing their own cigarettes with personal money. We advise that you do not loan or give cigarettes to fellow patients.

Visiting Hours:

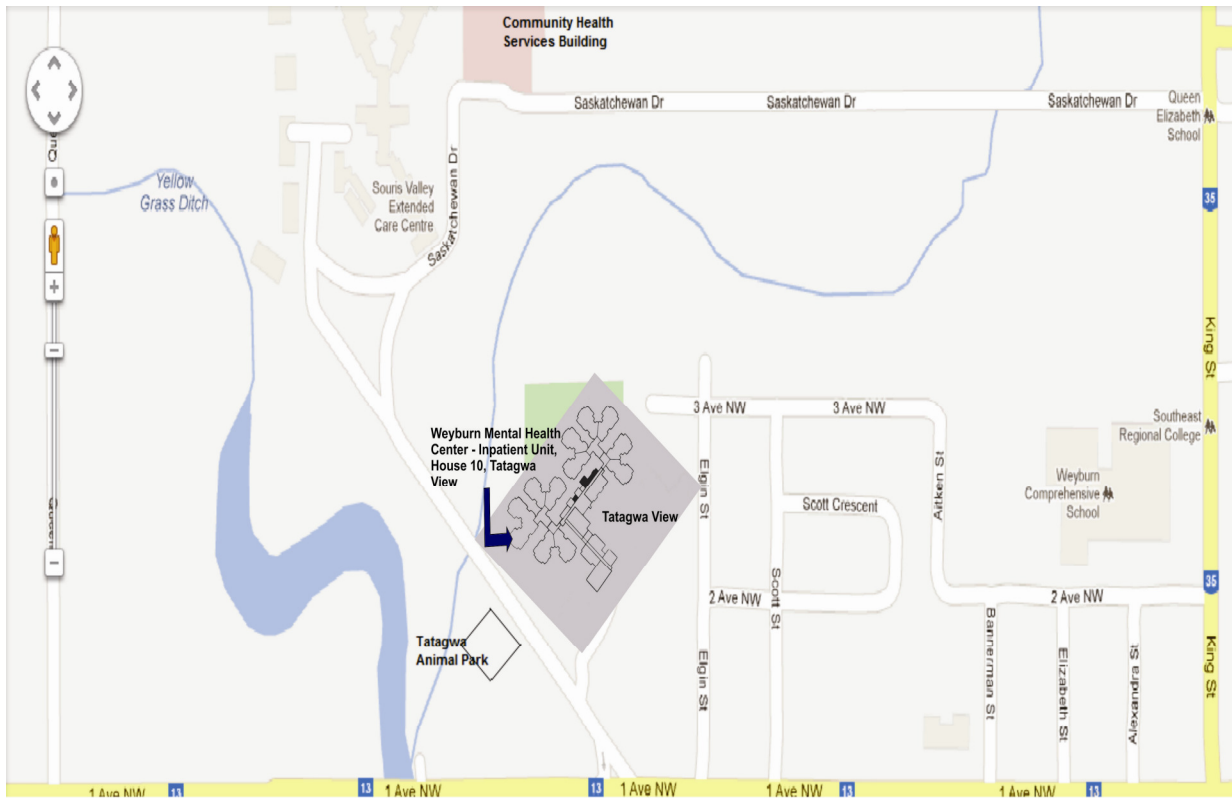
Weekdays
4 p.m. – 9 p.m.

Weekends and holidays
9 a.m. – 9 p.m.

Some patients may have a specific visiting schedule; please consult with patient's assigned staff prior to visit.

Contact:

Nursing Station 306-842-8671
Patient's Phone 306-842-8685
Toll free 1-800-216-7689



***WEYBURN MENTAL
HEALTH CENTRE
House #10 Tatagwa View***

Pre-admission Guide

**Please note that as of December 2012 access to the WMHC inpatient unit is not feasible from the northern Saskatchewan Drive due to construction.

March 4, 2013

