



Welcome To Our Acute Mental Health Inpatient Unit

What you and your family can expect during your stay on AMH:

- You, your family, and your recovery will be the focus of your healthcare team.
- You will actively participate in identifying and achieving the goals of your hospital stay from admission through to discharge.
- You will be treated with dignity, respect, and fairness.
- You can expect honesty, openness, and information.
- You will be provided with compassionate, quality care in a safe environment.

Who are the members of your healthcare team and what do they offer:

- Your Healthcare Team includes psychiatrists, family physicians, nurses, a social worker, a recreation therapist, a systems navigator, peer support workers, physical and occupational therapists.
- We provide individual and group therapy. Some of our groups include: psychotherapy, depression, anxiety, relaxation, life skills, cooking, Tai Chi and Yoga.
- We will start your discharge planning at the time of your admission to ensure you have the skills and resources necessary to facilitate your transition to home.

General Guidelines

- Visiting hours are 11:30 a.m. to 8:30 p.m.
- Visitors are asked to identify themselves at the Nursing Station. Any belongings or gifts being brought in will have to be checked.
- Our phone number is 613-732-2811. We have two phones available for patient use between 8 a.m. and 10 p.m. The extensions are 6133 in the hallway and 6154 in the lounge.
- We are proud to be a fragrance-free and smoke-free environment. If you are a smoker, you will be offered Nicotine Replacement Therapy. Smoking is permitted off hospital grounds. All smoking materials must be kept at the Nursing Station.

Ensuring a Safe Environment

- All medications, vitamins and herbal remedies are stored at the Nursing Station.
- Incoming belongings are searched on admission and on return from the use of passes.
- Potentially harmful items are stored until discharge.
- Due to individual privacy and confidentiality, no cameras, cell phones, tablets or computers are permitted on the unit.
- If you have any concerns during your stay, please do not hesitate to inform the staff or Manager.