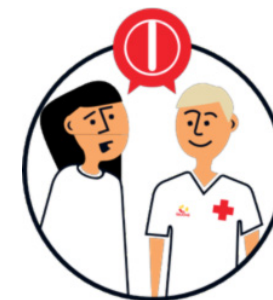




Your participation in psychiatric healthcare

Contact healthcare personnel if you have questions about your care or your treatment
 Make sure that you receive a care plan drawn up together with healthcare personnel
 Mention if you are hypersensitive or allergic to something
 Tell those closest to you – your prognosis is improved if your nearest and dearest are involved
 Your medical record is available via www.1177.se



Your medication

Say which medication and any naturopathic drugs you are taking, and why
 Preferably take with you a list of your current medication
 Say if you don't know why you are to take a particular drug
 Speak to a doctor, nurse or pharmacist if you have any questions about your medication



Activity improves your health

Exercise as often as you can
 If you have the possibility – take daily walks
 Avoid laying in bed during the day
 Preferably participate in activities offered at the ward



Important meals

Eat regularly and talk to personnel if you are uncertain as to what food is healthy for you.





Self-harm

Talk with personnel if you are feeling unwell.
Say if you are considering injuring yourself or have suicidal thoughts.



Prevent falling

Use sturdy shoes that sit well on the foot or anti-slip socks
Ask personnel for help if you feel dizzy or unstable when you are to get up and go
If you easily become dizzy, sit for a while on the edge of the bed, press your feet up and down and drink some water before getting up



If you are admitted to psychiatric care against your wishes

Make sure that you receive the brochure: Compulsory Psychiatric Care issued by SKL
It's available in many languages
You are entitled to a support person
You are entitled to appeal certain decisions and entitled to legal counsel
Talk to the personnel if you have any questions



Time to leave the hospital

Before you leave the hospital, make sure that you have received:

- your discharge information including psychiatric care and medication notes
- information about how you are to contact outpatient care
- information about any follow-up of your care and treatment

Feel free to contact a patients' association. Ask the personnel for contact details.

