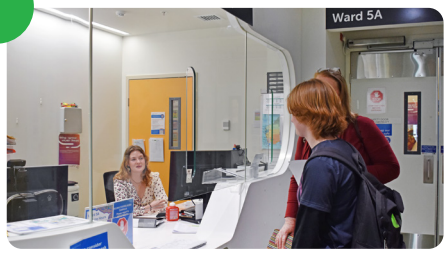
Government of **Western Australia**
Child and Adolescent Health Service

Welcome to CAMHS Inpatient Service

This story explains what it might be like when I come to stay on the CAMHS inpatient ward.
The ward is a place where staff help young people stay safe and get support for their mental health.
This story will help me understand what might happen when I arrive and who I might meet.
Staff and my caregiver can read this story with me and answer any questions I have.

1



My doctor or nurse has said that staying on the mental health ward may help me.
I will come to the ward with my parent, caregiver, or another clinician.

2



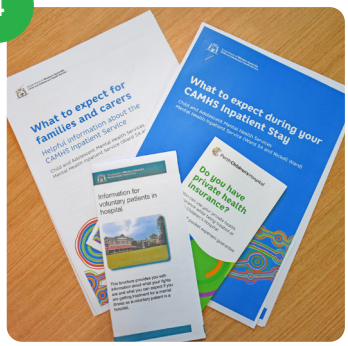
I will meet a nurse who will ask some questions, hear how I am feeling and answer any questions I have.

3



The nurse will check my physical health.

4



I will receive some information about the ward.
I can ask the nurse or my caregiver to explain it, or we can read it together.

5



My caregiver and I will sign some forms. These forms help the staff understand my needs and what is important to me.
If it is late at night, we might complete these forms the next morning.

6



The nurse will talk about why I am staying on the ward and how the staff can support me.

7



The nurse will explain what will happen during my stay.
They will also tell me about the daily routine on the ward.

8



The nurse will check my belongings to make sure everything is safe.
If I have medications, the nurse will keep them safe to make sure I still take them on time.

9



My caregiver or a staff member will need to take my phone or valuable items and make sure they are safe.

10



The nurse will show me around the ward.
I might meet some of the staff and other young people who are staying there too.

11



I will be shown to my bedroom and ensuite.
My nurse will explain the ward privacy rules.
This means:

- not sharing personal information
- not going into other people's rooms

These rules help keep everyone safe.

12



I will meet my psychiatrist within 24 hours.
They will ask about my life and my health.
Together we will talk about how the staff can help me feel better and what my goals are while I am here.

More Information

1. Pre-approved visitors will be met by the ward reception staff. The staff will then let them come in to visit me.
2. On my first day, visiting times are flexible. After that, visitors can usually come:
   - Weekdays: after 3pm, so I can attend the school program.
   - Weekends and school holidays: 8am–8pm.

   These times may change based on my treatment plan. Staff will explain this to me.
3. There are times for meals, activities, rest and sleep. Staff will help me learn the daily routine.
4. I will always have a nurse assigned to me. This nurse is someone I can talk to if I need help or have questions.
5. If something makes me feel uncomfortable, I can tell my nurse. Staff are here to help me.
6. If I want to know more about a Mental Health Advocate or Aboriginal Mental Health Worker, I can ask my nurse or doctor.

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