




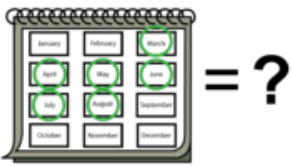












The Pathway from hospital to home, what to expect.

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	<p>You have been admitted to the St Aubyn Centre.</p>
<p>mental health services</p> 	<p>The St Aubyn Centre is an inpatient hospital for young people who are struggling with their mental health.</p>
<p>feelings</p> 	<p>Young people sometimes need to come to hospital as they are having lots of strong difficult feelings that they cannot manage.</p>
<p>hurting yourself</p>  <p>hitting</p> 	<p>Young people sometimes need to come to hospital as they are hurting themselves, or others.</p>

<p>check on you</p> 	<p>Being in hospital can help you to stay safe, as the staff will check on you, and help you.</p>
<p>care for you</p> 	<p>There are lots of staff here who want to help you.</p>
<p>medication</p> 	<p>You might be offered medication on the ward.</p>
<p>Therapy session</p> 	<p>You will be able to attend therapy sessions.</p>
<div data-bbox="213 1480 469 1738"> <p>feelings</p>  </div> <div data-bbox="213 1738 469 2011"> <p>explain</p>  </div>	<p>You will learn new ways of coping with your problems and strong feelings.</p>

<p>how long</p> 	<p>We hope that you will be feeling better in a few weeks but everyone is different.</p>
	<p>Your family can come to visit you when you are in hospital.</p>
<p>Going out with staff for a while</p> 	<p>When you are feeling a bit better, you can start to go out or 'on leave'.</p> <p>This will be with staff at first.</p>
<p>going out</p>  <p>15 minutes</p> 	<p>If this goes well you can go 'on leave' on your own or with family/carers.</p> <p>This will be for short times at first.</p>

<p>going out</p> 	<p>If this goes well, you can 'go on leave' for longer amounts of time.</p>
<p>3 hours</p> 	
<p>my home</p> 	<p>You can then start to go 'on leave' to your home overnight, or for the weekend.</p>
<p>less hours a weeks</p> 	<p>As you feel better and better, you will spend more time at home, and less time on the ward.</p>
<p>leave hospital</p> 	<p>When you are ready to leave hospital you can return home.</p>
	<p>You will have contact with staff in the community team who can support you.</p>