

MEANING

Recovery is a unique journey: Inpatient and professional input is just one piece of individual recovery in mental health. Best described as a journey, with or without symptoms, it looks different for different people. There are shared aspects that help everyone. Scottish Recovery Network has a wide range of resources to increase understanding and support of recovery.

What care happens in hospital to support recovery? Staff will look for opportunities to explore recovery with a patient with a wide range of tools, that are accessible and appropriate for the individual. This includes 1-2-1 sessions with nursing staff and other specialists, visiting speakers such as fellow peers in recovery, advocacy services, artists, therapy animals etc.

Ward rounds: This is where decisions are made around your loved one's care and treatment and usually includes a Doctor, a Community Mental Health Nurse, a Social Worker and a ward staff member. This is an opportunity for the patient to be a partner in their care as much as is possible. Carers can be part of this by asking staff in advance, sometimes a separate appointment is also made to ensure there is sufficient time.

NOTES



EMPOWERMENT

Understanding what is happening and having a voice in decisions is important to our mental health. These organisations can give information and support.

- Quarriers Carer Support: 01343 556031
- Mental Welfare Commission: 0800 389 6809
- Circles Advocacy: 01343 559546

Online tool to support wellbeing in Moray:
www.discoverpathwaysmoray.org.uk

Further reading online:

- The Mental Health (Carer and Treatment Scotland) Act 2003
- Carers Act Scotland 2016

Ward 4 contact details:

Direct line to ward: 01343 567632 (answered 24h)

Email: Your loved one's Named Nurse can provide their address on admission.



Carers Leaflet

Inpatient mental health (Ward 4 Dr Gray's Hospital)

Empowering you to support your loved one's recovery. What to expect, your rights and working with professionals

If lost please return to...

Collated by Moray Wellbeing Hub in 2021 in partnership with carers, staff and patients.

Design inspired by Martin Lambart's artwork, created whilst an in-patient at Ward 4. 'Tree' image used with permission of the family.