



## Manage your personal safety

If you find yourself in an unsafe situation:

- alert your staff ASAP and stay out of the way
- remain close to the nursing station if you are on the ward
- call immediately for any staff or security if someone approaches you in a manner you are uncomfortable with
- do not hesitate to inform the care team if you are distressed by your symptoms.

## Keep safe from fire and second-hand smoke

- Please do not smoke in your room or anywhere else inside the facility.
- If you need to smoke, please do it out in the grounds at least nine metres away from the doors.
- Hand in your cigarettes and lighters to staff when returning to your unit.
- Speak to your care team about alternatives, such as nicotine replacement therapy.
- If there is a fire, respond to staff instructions for evacuation.

If you have any questions, please do not hesitate to ask. The following staff are pleased to offer you assistance:

- **your care team**
- **your nurse**
- **your program manager.**

For further help, you can also turn to the:

**Client relations office: 416 535-8501 ext. 2028**

**Patient advocate office: 416 535-8501 ext. 3099**

**Empowerment Council: 416 535-8501 ext. 3013**

**The Schizophrenia Program assisted in the development of this brochure.**

For information about CAMH, please contact:

Public Affairs

Tel.: 416 535-8501 ext. 4250

Fax: 416 595-6881

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If you have questions, concerns or compliments about services at CAMH, please contact Client Relations Services:

Tel.: 416 535-8501 ext. 2028 or 2078

Website: [www.camh.net](http://www.camh.net)



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

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All staff members at CAMH are dedicated to enhancing the health and quality of life of all clients. An important part of that mission is to optimize your safety. We invite you to get involved in this process.

Learn how you can be a safety champion at CAMH.



## Become an active participant in your care

- Wear your ID bracelet at all times.
- Discuss your treatment plan with the care team.
- Talk to a patient advocate about any questions regarding your care plan.
- Ask for an interpreter to help with communication differences.
- Tell your team about your future interests during discharge planning.



## Learn about your medications

- Educate yourself about your medications. Note their appearance, function, when to take them and their side-effects.
- Alert your doctor and nurse if any medication or dosage seems unfamiliar.
- Inform the care team if you are taking any over-the-counter drugs, vitamins and/or medications brought from home.
- Tell staff if you have any allergies to food, latex or drugs.



## Prevent falls

- Wear proper footwear on the ward. No bare feet, please.
- Use the wall-mounted grab bars beside the toilet or the bathtub.
- Inform staff of any spills or foreign objects on the floor.
- Keep eye glasses within reach, should you need them.
- Tell your care team if you have any dizziness or blurred vision.
- Wear weather-appropriate footwear when going out.



## Become an infection control activist

- Always wash your hands with soap or hand sanitizers. **This is the easiest and quickest way to remove germs!**
- Don't forget to ask your care team about the flu shot.

## Maintain a healthy body

- See your nurse and physician for a regular physical check-up.
- Eat a balanced healthy diet with fruits and vegetables.
- Get plenty of exercise to maintain a healthy heart and immune system.
- Avoid sharing cigarettes, eating utensils and coffee cups with other clients.

## Protect your valuables

- Secure your personal effects, such as stereos and MP3 players, in your locker.
- Keep glasses and lenses in proper containers when not in use.
- Access credit union services at CAMH or use a bank in the community.