



WELCOME

to the child and adolescent
emergency unit

Velkommen til akutafsnittet for børn og unge
Sprogversion: Engelsk

WELCOME

You have been admitted to an emergency psychiatric unit. Here, we treat children and adolescents who have an acute need for intensive support and treatment 24 hours a day.

The staff will help you to settle into the unit. They will, among other things, give you various information leaflets and explain about day-to-day life on the unit, such as mealtimes and visiting hours.

If you have any questions, please feel free to speak to the staff.

YOUR CONTACT DOCTOR AND PRIMARY CONTACTS

You will be assigned a doctor who will be responsible for your treatment, and a primary contact. They will plan and be in charge of examinations and treatment in conjunction with you and those around you.

The doctor responsible for your treatment and your contact will ensure they keep in touch with your school or your place of education/workplace.

You will find the names of the doctor responsible for your treatment and your contact in the insert of information about the unit that accompanies this leaflet.

TESTING AND TREATMENT

On a child and adolescent emergency psychiatric unit, we help you to feel better quickly. In other words, we will diagnose you quickly and start your treatment. Treatment consists of a combination of medication and counselling.

A few days after your admission, we work out with you where your treatment will continue once the acute phase has passed.

Your treatment and care are handled by a number of different professional groups, all of which play their part in the overall treatment effort. The staff always wear clear name badges and are subject to a duty of confidentiality.

Your treatment takes place, as far as possible, in close consultation with your parents.

TREATMENT PLAN

The doctor and the staff will draw up a plan of treatment for the period of your stay here in the emergency unit.

If you are over the age of 15, we will draw up this plan with you. You will also receive a copy of this treatment plan. You are welcome to involve your parents when drawing up your treatment plan.

If you are under the age of 15, we will draw up the plan with you and your parents, and your parents will receive a copy of the plan.

COERCION

During your stay, situations may arise where you need to be treated against your will. If this happens, you will always be offered a talk afterwards. There, we will discuss what happened and how you can prevent it from happening again.

You have a right to appeal against the use of coercion, and we can advise you both orally and in writing about the opportunities to appeal against the use of coercion.

You can find out more about the use of coercion in the leaflet 'Tvang og psykiatri – information til børn, unge og deres forældre' ('Coercion and psychiatry – information for children, adolescents and their parents'), which is available from the staff.

ID CARD

When you are admitted, an ID card will be created for you showing a photograph of you. The ID card ensures that you will receive the correct treatment – for example, that you are given the right medicine and that you attend the right tests.

MEDICATION

The doctor will decide whether or not you need to take medication. If you do, the doctor will discuss with you the type of medicine you will receive, and the reason for this. The doctor will explain, among other things, how the medication works and what side effects you may experience.

To ensure the best possible treatment for you, we need to know what medication, if any, you are currently taking. This also applies to medicines available without a prescription and herbal medicines.

If you have brought any medication with you from home, you must hand this in to the staff. This also applies to medicines available without a prescription and herbal medicines.

YOUR PATIENT RECORD

Your illness, and the treatment and its effects, are described in your patient record. If you are over the age of 15, you can talk to the doctor about getting a copy of your patient record. You can also access an electronic version of your record (*e-journal*). This requires a digital signature or NemID. The information will be available to read in your electronic patient record 14 days after being entered in your record.

If you are under the age of 15, your parents have the opportunity to receive a copy of your record. They should discuss this with the doctor.

To organise your treatment in the best possible way, we need to be able to exchange information about your health with your GP and, perhaps, the municipality. We will discuss this with you.

FAMILY AND CARERS

Parents are welcome on the unit, and we think it is important to work with them on your treatment. There is also the option for one of your parents to stay and sleep overnight. If you would like a visit from other family members or friends, you should discuss this first with your contact and make arrangements. You will find the visiting hours in the insert of information that accompanies this leaflet.

BEFORE DISCHARGE

Most people continue to need support once their course of treatment with us is over. Before you are discharged, we will plan your subsequent treatment together. We will also ensure that your family, your municipality and your school/place of work are involved, if this is relevant.

WE ARE INTERESTED TO HEAR WHAT YOU THINK

We would like to know how you felt about your stay in the unit. Please contact us if you have any suggestions for improvements.

WOULD YOU LIKE TO KNOW MORE?

You can find out more about Mental Health Services – Capital Region of Denmark at www.psykiatri-region.dk.

BEST REGARDS,

Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark)

MENTAL HEALTH SERVICES – CAPITAL REGION OF DENMARK

Mental Health Services – Capital Region of Denmark is Denmark's largest mental health care hospital and treats around 41,000 patients annually for illnesses such as schizophrenia, anxiety and depression. Treatment takes place at the Mental Health Centres and Mental Health Centres for Child and Adolescent Psychiatry of Mental Health Services – Capital Region of Denmark, which are geographically spread over the whole of the Capital Region. Treatment under Mental Health Services – Capital Region of Denmark is primarily conducted at outpatient clinics and Community Mental Health Centres, by visiting teams and, where necessary, by inpatient admission.

Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark)

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The pictures in this leaflet show patients and staff in everyday situations in Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark).

