



## **WHAT WE WANT WHEN WE ARE IN HOSPITAL**

### **INTRODUCTION**

At a recent seminar in Highland; a conversation between health service staff based in New Craigs hospital and people with mental health problems revealed some bewilderment that people with a mental illness could actively want to be admitted to a psychiatric hospital.

As a result we agreed to ask the HUG Friday Forum what they want or would want when they are admitted to a psychiatric hospital.

From these conversations we thought we could provide an insight into what those of us who are 'in patients' are actually looking for but also the sort of environment we might look for in the community as an alternative to hospital of when hospital is not an option.

### **WHAT WE ARE LOOKING FOR**

#### **SAFETY**

We want to feel safe and looked after. We want to be safe from the power of our emotions and the actions our distress are making us think of taking.

#### **SANCTUARY AND ASYLUM AND REFUGE**

We want a place where we can escape from our feelings, where we can be free from dealing with the everyday practicalities of normal living and where we can be free from a hostile home situation or community.

#### **BEING CARED FOR**

Sometimes we have a huge desire to feel cared for and treated with tenderness.



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## **AVOIDING AN INTOLERABLE SITUATION**

Sometimes we cannot cope with our internal or external environment and need some time to be free from it.

## **AWAY FROM RESPONSIBILITY**

The need to take responsibility for our life and situation can become more than we can endure. On occasion we need an environment where we are looked after and where, for a time, we do not have to think about or be in control of our lives.

## **TO HAVE COMPANY**

Many of us are desperately alone and unable to connect with other people. Being in a place where we can mix with other people who will talk to us and some of whom will understand, from their own experience what we are going through, is very valuable.

## **TO SLEEP.**

For some of us sleep is something we pray for. To be in an environment where we feel safe enough and cared enough for that we can relax and sleep is very important.

## **RECOGNITION**

Many of us find that we and other people do not recognise the importance and severity of what we are going through. Being in an environment where this is accepted and validated is very important.