

Addiction & Mental Health
Calgary Zone

Knowing if the day hospital program is right for you

We're here to
support your
mental health



For clients interested in the mental health day hospital program at the Foothills Medical Centre, Peter Lougheed Centre, Rockyview General Hospital or South Health Campus.

What is the day hospital program?

We offer a safe, welcoming place for mental health treatment, as an alternative to hospitalization. In this group-based program, you will learn skills and strategies to

“The program has completely changed my outlook on life. I have only great things to say about the program.” (Former day hospital participant)

improve your coping and build your confidence. The information and tools you gain from day hospital will continue to help you long after you finish the program.

How the day hospital program can help you

A team of mental health professionals will work with you. These could include psychiatrists, nurses, social workers and/or other mental health professionals.

During day hospital, we work together to:

- Address symptoms that impact your day-to-day life.
- Understand your strengths and current struggles.
- Identify what skills are needed to improve your recent mental health concerns.
- Help you find supports needed to stay well.

“The staff were helpful, caring, considerate, knowledgeable, and supportive.” (Former day hospital participant)

A typical week in the day hospital program ...

Day hospital requires a significant time commitment, as it runs for four weeks, Monday to Friday from 8 a.m.-4 p.m. each day. Each week the program will include:

- Daily psychoeducational groups
- Individual appointment with a mental health clinician and a psychiatrist
- Social recreational activities
- Connection to community resources

Frequently Asked Questions

Is information about day hospital shared with others?

Privacy is important and your health information is protected. Your family doctor will receive a summary of the treatment provided and next steps. This helps your family doctor coordinate care and follow up.

“This is the absolute best form of therapy I have ever received in my entire life...” (Former day hospital participant)

Why are group sessions important?

Group sessions are a common type of mental health treatment. Group sessions can help you feel connected to others, so you know you're not alone in your experience. You will also have a chance to practise new skills with others.

What happens after the program?

The care team will work with you to prepare for a safe ending to the program, and to help plan for next steps.

Tips

You may have a lot of feelings right now. Here are some tips to help you during your treatment.

1. You are not alone. You can ask a team member for help at any time.
2. Take things one step at a time and one day at a time.
3. Participation is important for your treatment. Take part as much as you can.
4. Focus on you and your mental health. Recovery is often faster when you focus on your needs rather than the needs of others.

*“The treatment was empowering...”
(Former day hospital participant)*