

Surviving the Psych Ward: Let the Healing Begin: Everything a new patient needs to survive and thrive in a psychiatric hospital. Perfect for nervous patients and anxious families.

This booklet, written entirely within the walls of a psychiatric hospital, is designed to alleviate the fears of people who are contemplating a stay in the hospital. You'll learn all about the daily routine, what to bring, what to expect, and how to make the most of your stay. Also included are tips on paying for your stay and your medication as well as mention of the stark realities between private hospitals and state hospitals. This book was written by a three time mental patient so you can be sure that it is the real deal and based entirely on fact, not speculation. If it looks like you or someone you love is going into the hospital, you NEED this booklet.

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