

# Mental Wellbeing

Over **75 per cent** of mental health conditions emerge before the age of **25**, where untreated cases often persist into adulthood. Surrey Memorial Hospital provides vital acute mental health services for children, youth, and adults—ensuring those in crisis receive the care they need when it matters most.

The hospital offers a range of therapeutic activities that give patients creative outlets to express emotions and develop strategies for navigating distress. These include art, music, pet therapy, vocational training, and multi-sensory rooms. Without early intervention, mental health challenges can become more severe—impacting education, relationships, and long-term well-being.

Additionally, recognizing how vulnerable the transition from hospital to home can be, the SMH transition team offers critical follow-up support. This includes medication management, doctor appointments, school reintegration, and access to social programs—ensuring care continues beyond hospital walls.

**For adults, SMH also provides B.C.’s first-ever urgent care response centre, focusing on mental health, substance use concerns, crisis management, and stabilization.**



**By 2031, 1 in 4 people in B.C. will be over the age of 65**



**By making these services possible, your support helps prevent self-harm, reduce readmissions, and ensure patients receive continued care beyond the hospital.**

**Your contribution also helps provide new equipment, and services to our facilities, including:**

- The Child and Adolescent Psychiatric Stabilization Unit (CAPSU)
- Surrey Mental Health and Substance Use Urgent Care Response Centre
- Creekside Withdrawal Management Centre
- Timber Creek
- Surrey Youth Clinic

**75%**  
of mental health conditions start before age 25



## Elder Care

As the population ages, more seniors are living with complex physical, cognitive, and functional challenges that impact their independence, mobility, and overall well-being. Without the right support, many face frequent hospitalizations, isolation, and diminished quality of life.

Surrey Memorial Hospital and its associated health care facilities offer a range of programs and services to help older adults not only manage health conditions, but also continue to live fully. This includes long-term care homes designed to promote comfort and belonging. These residences feature communal kitchens, cozy living rooms, and outdoor spaces with flowers, fountains, and walking paths—elements that help residents feel truly at home.

**The region is also home to the only specialized stroke rehabilitation unit south of the Fraser, offering advanced assessment, treatment, and education to help patients recover close to home.**

To meet the growing needs of our aging population, donor support is essential. Your generosity will help expand programs and services for seniors—enhancing holistic activities, rehabilitation therapies and palliative care. It will also help strengthen long-term care facilities such as:

- Czorny Alzheimer Centre
- Carelife Fleetwood Residential Care
- Laurel Place Care Centre

