We found the mental health hospital enlightening to us. From the interviews, most of the answers were that the students were nervous at first because they were not very experienced but they adapted to the atmosphere and what they had to do to make the patients feel comfortable. At the beginning, we did not know what to do to help, but near the end we were perfectly comfortable. We understood the patients’ needs and wants clearly after a while at the hospital. All they wanted was people to keep them company so that they would not feel so alone without family or friends.

After we accompanied them the whole day, we felt that we really did something special for the patients. They really appreciated our company more than we expected. We also wrapped gifts for them the next day. While we were wrapping the gifts, we could imagine their faces after on Christmas day. They don’t ask for much but we can give them what we deserve. We really had a good time at the hospital with the patients and without. We know that we helped people along the way.