



# Thinking About Your Mental Health Hospital Discharge

You're about to be discharged from the hospital. Leaving the hospital can seem scary and overwhelming. But if you have a post-hospital plan that makes sense to you, it will be easier to manage your recovery – and stay out of the hospital in the future.

Before you leave the hospital, work with your treatment team to develop a plan that meets your needs. Be sure to discuss the questions below. You may want to share the plan with your support system, such as family or close friends, so they can help you be successful.

You should be comfortable with the plan that you create. If you're not sure of the answers below, please talk to your treatment team.

## Discharge Questions:

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- Do I have appointments set up with my mental health providers (prescriber, therapist, and/or counselor) within seven days of leaving the hospital?
- If taking medicine, do I have enough to last until my next appointment? If not, have I talked with my treatment team to address any gaps?
- If taking medicine, have I received information on each medication, like how often to take it and possible side effects?
- Do I need help with other health conditions or service needs?
- Do I need help getting a ride to my appointments? If so, has my treatment team set up transportation or given me information on how to arrange one myself?
- Do I have a plan to manage my basic needs like cooking and caring for myself?
- Do I need a note from my doctor to return to work or school? What about other accommodations (like accessible parking)?
- Do I have a crisis plan to use if my mental health symptoms get overwhelming in the future?
- How will I handle questions from family, friends, and classmates about being in the hospital?
- Is there anything else that I should think about after being discharged from the hospital?

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Don't forget to work with your treatment team to create a plan that works for you. If you have questions, please talk to your hospital treatment team, therapist, doctor, and/or case manager.