

Follow-up Care after a Mental Health Hospital Stay

Taking care of your mental health is important. Just like for physical health sometimes a stay in the hospital is needed for mental health. This stay can help you achieve your goals. It is important you know what to do after you leave the hospital, but it might be hard to keep up with your treatment plan. We are here to help you.



Before you leave the hospital:

- Understand the medications you need to take and how to take them.
- Know who to contact if you have trouble with your medications.
- Review your plan for treatment for after your hospital stay. Ask questions if you have them.
- Work with the hospital staff to schedule a visit with your mental health provider. Try to see them within seven days of leaving the hospital. If you don't have a mental health provider, they can help you find one and schedule the appointment. Call **1-877-236-1341** (TTY: **711**) if you need help finding a provider.
- Discuss a crisis plan in case you need support. Identify people you can talk to if you feel stressed.
 - Northern Delaware Hotline: **1-800-652-2929**
 - Southern Delaware Hotline: **1-800-345-6785**
 - National Suicide Prevention Lifeline: **988**
- Make sure you have the appointment information and understand it before you leave.

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Seeing your mental health provider after you go home is important.

Staying healthy after a hospital stay can be hard. You might not feel better right away. You should see your mental health provider within seven days of leaving the hospital. If you feel that stress or sadness is too much for you to handle, your mental health provider can help.

Your mental health provider can help you stay well after leaving the hospital.

They can help:



Review and adjust your medications.



Adjust from the hospital back to your regular routine of home, work, or school.



Continue to work on your mental health needs.



Provide extra support you might need.



Give you ideas to help with your treatment goals.



Direct you to other resources to help you stay well.



Lower your chance of another hospital stay.



Delaware First Health is proud to be your healthcare partner. If you have questions, call us at **1-877-236-1341** (TTY: **711**). We're here to help!