



Hospitalization for Mental Health: The Importance of Follow-up Care After Discharge

Taking care of yourself and your mental health is important. If you are struggling or worried about yourself, see your doctor. Sometimes a stay in the hospital is necessary. When this occurs, it is important to see a mental health provider (ex: social worker, therapist, psychiatrist) after you go home.

Why is seeing your mental health provider after you go home is important?

If you have been in the hospital caring for your mental health, it is important that you schedule an appointment with your mental health provider within **7 days** after you are discharged because:

- It helps your provider evaluate and adjust any of your medications.
- It helps you adjust from hospital to home, work or school.
- It helps you continue to improve.
- It provides you with extra support you might need.
- It lowers the chance you will go back into the hospital.

What should I do before I leave the hospital?

- Make sure you understand the medications you are to take and how to take them.
- Tell the hospital staff that you would like to schedule a visit with a mental health provider within one week of leaving the hospital. If you don't already have one, they can help you find an in-network provider and can help schedule the appointment. Keeping the appointment can help you manage your symptoms.
- Make sure you have the appointment information and understand it before you leave.
- Ask the hospital staff to send your hospital records to your doctor.
- Making and keeping the appointment with a mental health provider within 7 days after you were in the hospital can help you to continue to improve your mental and physical health.

Peach State Health Plan is proud to be your health care partner.

**If you have any questions, please call our Behavioral Health Department at 1-800-704-1484.
We are here to help!**