

# Mental Health Discharge Information

Following up with a mental health care provider after discharge is important to help achieve your best health outcomes!



## Before you leave the hospital:

Talk to your Discharge Planner or Case Manager about your care plan. They can help with making appointments and are a great resource for the following questions:

- ☐ Do you know who your health insurance provider is?
- ☐ Do you understand your current and new medications?
- ☐ Do you know when to take your medications and what they are for?
- ☐ Are you having challenges or concerns about your medications?
- ☐ Do you know who your follow-up appointment is with (date, time, location, and phone number)? Do you have an appointment scheduled **within seven days** of when you leave the hospital?
- ☐ Do you need any help with transportation?
- ☐ Did you complete a crisis plan with your case manager or therapist? Were you able to identify who your support person (family, friend) or peer support person is in case you need them?

## Follow-Up Care

Please bring the following to your appointment:

- ☐ Your discharge paperwork from the hospital to review with your provider.
- ☐ A list of your current medications (if applicable).
- ☐ A support person or a peer support to help with your health care journey.

## Mental Health Support

If you feel stressed, sad, or overwhelmed, your mental health care provider can help with the following:

- Work with your primary care provider on your medication needs.
- Help you adjust from the hospital back to your regular routine.
- Continue to work on your mental health needs.
- Provide any extra support you might need.
- Share resources and ideas to help achieve your treatment goals.

All these things can also help lower your chances of another hospital stay.



If you are in a crisis, please contact the 988 Suicide & Crisis Lifeline.

Call, text, or chat **988** for help or call **800-273-TALK (8255)** available 24/7 for free and confidential support by trained counselors.

There are several ways to complete this follow-up appointment:

- If you already have a mental health care provider or a primary care provider (PCP), please contact them to schedule an appointment (if one was not made before you were discharged).
- If you need help finding a behavioral health provider, please contact your health insurance provider.
- If you would prefer to see a doctor from the comfort of your home via video call, check if there are telehealth services available through your health insurance provider.

## Additional Resources

- **Case Management Assistance:** If you need additional support or have trouble getting follow-up care, please contact your insurance provider's case management program.
  - **Community Health Plan of Washington**  
Phone: 206-418-7004 or Fax: 206-652-7073  
Email: [CareMgmtReferrals@chpw.org](mailto:CareMgmtReferrals@chpw.org)
  - **Coordinated Care of Washington**  
Phone: 877-644-4613 ext. 69626
  - **Molina Healthcare**  
Phone: 800-869-7175 ext. 142618
  - **UnitedHealthcare**  
Member Services: 877-542-8997  
TTY 711
  - **Wellpoint**  
Email: [WABHReferrals@wellpoint.com](mailto:WABHReferrals@wellpoint.com)
- **Transportation:** For information on how to get transportation to non-emergency health care appointments at no cost, visit <https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/transportation-services-nonemergency>
- **WRAP:** <https://www.wellnessrecoveryactionplan.com/>
- **NAMI:** [www.nami.org/wp-content/uploads/2023/08/INFO-Warning-Signs-of-Crisis-ENG.pdf](http://www.nami.org/wp-content/uploads/2023/08/INFO-Warning-Signs-of-Crisis-ENG.pdf)
- **NAMI Helpline:** 800-950-6264 available Monday through Friday 7:00 a.m.- 7:00 p.m. PT
- **SAMHSA:** <https://www.samhsa.gov/find-help>

