



Follow-Up Care | *Tip sheet*

Follow-Up Care After Psychiatric Hospitalization

Taking care of your mental health is important. If you go to the hospital for a physical health issue, your care team will ask you to see your doctor after you leave. The same is true for mental health care.

A hospital stay can help you feel better, but recovery does not stop when you leave the hospital. **Seeing a mental health provider after your hospital stay is an important next step.**

Try to schedule and attend a visit with an in-network mental health provider within 7 days after leaving the hospital. Follow-up care can help you stay on track with your recovery and may lower the chance of needing another hospital stay.¹²³

How to Prepare for Your Appointment

It is normal to feel nervous, worried, hopeful, or excited before your first visit after leaving the hospital. These tips can help you prepare:

Bring your hospital discharge papers.

Write down any questions or concerns before your appointment.

Ask about the type of care you will receive, how often you will need appointments, and any costs.

Bring your health insurance information.

Bring a notebook or something to take notes with.

Be open and honest about how you are feeling and what help you need.

Fill out any required forms before your first visit, if possible.

Learn your provider's cancellation policy. Some providers may ask for 24 to 48 hours' notice if you need to change your appointment.

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We're Here to Help

The Lucet team is here to support you after your hospital stay. We can help you find the care and resources you need at home and in your community. Get help to:

- Schedule a follow-up appointment with an in-person or virtual provider.
- Connect with resources, including telehealth services, language support and community programs.
- Access care management services and ongoing outpatient treatment.

References

1. Barekattain M, Maracy MR, Rajabi F, Baratian H. (2014). Aftercare services for patients with severe mental disorder: A randomized controlled trial. *J Res Med Sci*. 19(3):240-5.
2. Glazer, W. (2010). Tackling adherence in the real world. *Behavioral Healthcare*, 30(3), 28-30.
3. Luxton DD, June JD, Comtois KA. (2013). Can post-discharge follow-up contacts prevent suicide and suicidal behavior? A review of the evidence. *Crisis*. 34(1):32-41. doi: 10.1027/0227-5910/a000158.

Lucet HEDIS FUH7 & FUH30 Flyer

Let's connect you to better care, today.

Lucet's team of health care professionals are here to help you navigate your wellness journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step.

To learn more, visit [LucetHealth.com](https://www.LucetHealth.com)