

# 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 your doctor after you go home.

## Why is seeing your doctor after you go home important?

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

- It helps your doctor 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.
- Ask the hospital staff to help you set up an appointment for **7 days after you are discharged**.
- 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 your doctor **within 7 days** after you were in the hospital can help you to continue to improve your mental and physical health.

Mental Health America. (2021). Hospitalization. Retrieved from <https://www.mhanational.org/hospitalization>

National Alliance on Mental Health. (2020). *Inpatient hospitalization: Navigating and understanding the adult inpatient hospital system*. Retrieved from <https://namimainlinepa.org/inpatient-hospitalization/>



## WellCare of Kentucky is also here to help.

Please call us toll-free at **1-877-389-9457 (TTY 711)**, Monday-Friday from 7 a.m. to 7 p.m. Eastern Time. We can help you find a doctor or connect you with one of our care managers. They can help you and answer your questions.



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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-877-389-9457** (TTY: **711**).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-389-9457** (TTY: **711**).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-389-9457** (TTY: **711**)。