



Hospitalization for Mental Health: Getting Follow-Up Care

Arkansas Total Care wants to help you reach your best health, mentally and physically. 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, such as a social worker, therapist, or psychiatrist, after you go home.

Why is seeing a mental health provider after I go home important?

If you have been in the hospital for your mental health, you should make an appointment with your mental health provider within seven days of being discharged. This is because:

- It helps your provider review and change any of your medicines.
- It helps you adjust from hospital to home, work, or school.
- It helps you continue to improve.
- It gives you the extra support you might need.
- It lowers the chances that you will need to go back to the hospital.

What should I do before I leave the hospital?

- Make sure you understand the medicines 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 a mental health provider, they can help you find one in the Arkansas Total Care network. They can also help you make the appointment.
- Make sure you have the appointment details and understand them before you leave.
- Ask the hospital staff to send your hospital records to your doctor.

Seeing a mental health provider after leaving the hospital can help you continue to improve your health. If you have any questions, please call Arkansas Total Care's Behavioral Health Department at 1-866-282-6280 (TTY: 711).