

Follow-Up After Emergency Room Visit for Substance Use



People who struggle with alcohol or other drug abuse or dependence (AOD) may go to the emergency room (ER) often if they are having trouble accessing care. It's vital to seek follow-up care for AOD issues to reduce substance use, future ER visits, and hospital stays.

The importance of follow-up care:

- ▶ Follow-up visits help with the continuity in your care path.
- ▶ Follow-up visits can aid in finding triggers and creating plans to stop future substance use events.
- ▶ Follow-up care can address underlying issues contributing to substance use and support long-term recovery goals.
- ▶ Learn about other resources and support services given to you during and after follow-up visits.
- ▶ Follow-up care helps you to take control of your health. This leads to better results and a healthier life.

It's important to go to follow-up visits after an ER visit for substance use.

How to help individuals stop substance abuse:

- ▶ Seek professional help.
- ▶ Find and address triggers.
- ▶ Be committed to recovery.
- ▶ Create a support system.
- ▶ Create healthy coping systems.

With professional help, social support, and personal commitment, you can improve the odds of long-term recovery.

What to do after an emergency room visit:

- ▶ Follow up with your doctor within seven days of your ER visit.
- ▶ Call the Arkansas Total Care 24/7 Nurse Advice Line at 1-866-282-6280 (TTY: 711).

Information on where to go for care is available on our website at [ArkansasTotalCare.com](https://www.ArkansasTotalCare.com).

Source:
[samhsa.gov](https://www.samhsa.gov)