

***Important
Information About
Staying Well After
You Leave the Hospital***



*Be Involved!
You are the star of
the team.*

If you need further information or assistance scheduling aftercare appointments, please call the Beacon Health Options, Inc.® toll free number 1-800-888-1965 TTY 1-866-835-2755

Follow up and Aftercare Plans:

The treatment you received during your hospital stay focused on resolving your recent mental health/substance abuse symptoms.

Continuing with treatment soon after a hospitalization is a very important part of your care that will help you progress toward remaining well.

It is a good idea to have a plan that helps guide you in identifying early stressors or problems and the steps to be taken to remain well. All of these elements are part of a successful aftercare plan.

The *first step* in staying well begins with an appointment right after a mental health inpatient stay. Ideally, outpatient care should begin with an outpatient appointment within **seven days** after your discharge.

Your Primary Care Physician:

It's important that your Primary Care Physician receives information about your hospital stay especially if you or your child has a medical condition that requires monitoring and/or medication.

Your written consent is needed to coordinate this information. Please be sure to ask your aftercare provider about coordinating with your Primary Care Physician.

Your aftercare plan belongs to you and is driven by you:

- Take an active part in your aftercare treatment plan.
- Your plan should include your family or other available support systems.
- Attend an aftercare appointment within seven (7) days after you leave the hospital
- If you have special needs that could keep you from going to your aftercare appointment, please call Beacon Health Options, Inc.® so we can help you.



Choose and build the wellness plan that you want.



Moving Ahead

Continuing your treatment after you leave the hospital is a very important part of your care.



A New Beginning... reaching your Goal!

Aftercare Appointment Schedule:

Therapist:

Appointment Date: _____

Appointment Time: _____

Telephone #: _____

Psychiatrist:

Appointment Date: _____

Appointment Time: _____

Telephone #: _____

Current Medications:

1. _____

2. _____

3. _____

4. _____

Brought to you by:



...A journey of a thousand miles begins with a single step...

— Confucius

People who are actively involved in their treatment often have positive outcomes including a better quality of life. The ability to influence your own destiny is the most powerful treatment of all.



You can have the life you want!