

HEALTH TIPS

Hospital Discharge

Planning to continue treatment after leaving the hospital is important.



Support Services

Talk with a Provider

It is important that after or during a hospital stay, the patient notifies their doctor of the stay. This is especially important if there is a medical condition or medications that need to be monitored or if there was a medication change in the hospital.

Care Coordinator

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for all outpatient appointments. Call 888-502-4190 to connect with a care coordinator.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Planning

At the hospital, take an active part in discharge and aftercare treatment planning.

- Discharge plan should include someone's support system such as family, friends, mentors, or peer specialists.
- An aftercare appointment should be scheduled within 7 days of leaving the hospital for a behavioral health reason or within 30 days of leaving hospital for a medical reason.
- Tell the discharge planner or care coordinator about any special needs that would prevent going to aftercare appointments, such as transportation needs.

Who is your treatment team?

Therapist:
Doctor/ Psychiatrist:
Care Coordinator:
Medications:

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