What Happens Now?

Review your discharge instructions. Be sure to ask questions about anything you don't understand before leaving.

Do you have a follow-up appointment with your provider? If so, write the information below:

Date: _____

Time: _____

☐ **Telehealth** ☐ **In Person**

If you do not have a follow-up appointment, please call the Member Services number on the back of your ID card. TTY users may call 711. From Oct. 1 to March 31, you can call us seven days a week, from 8 a.m. to 8 p.m. From April 1 to Sept. 30, you can call us Monday through Friday, from 8 a.m. to 8 p.m. A messaging system is used after hours, on weekends, and on federal holidays.

Seeing a professional is important for your healing process, even if you are feeling better. Your symptoms may have improved, but there may be feelings and symptoms that remain after returning home. We care about you and want to be with you on the road to recovery.

Frequently Asked Questions

I'm having trouble getting my medications filled. What should I do?
Please call your care manager or the Member Services number on the back of your ID card. TTY users may call **711**. Ask for the pharmacy department.

What should I do if I don't have a ride to my appointment?
Please call your care manager or the Member Services number on the back of your ID card. TTY users may call **711**. Ask for the transportation department for help getting a ride.

What do I tell my family, friends, or coworkers about where I was?
When there has been a change in your mental health, some people around you may have trouble adjusting to this new knowledge. If you feel comfortable, you can talk to your family, friends, or coworkers about your condition. However, there is no pressure to share anything you don't want to. Remember that getting help is a sign of strength, and you should never feel embarrassed about this new or ongoing condition.

Will my psychiatric medication(s) interact with other medications I take or with recreational drugs or alcohol?
This is a possibility. That's why it is important to talk to your mental health provider and case manager about any other medications, recreational drugs, or alcohol you use. If you feel you need a change, your mental health provider or case manager can help you get treatment for any substance use issues you would like to address.

I don't feel safe at home and/or am worried about abuse. What should I do?
If you do not feel safe at home, talk to your mental health provider or case manager. They can help you find local resources. If you ever feel that your life is in danger, call **911** right away.

wellcare™

Coming Home from Psychiatric Treatment

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When to Get Help Right Away

If you feel any of these signs or symptoms, call your mental health provider or a crisis line right away. Crisis resources are listed below.

Call if you have:

- ✓ Thoughts of hurting yourself or others.
- ✓ An urge to talk or write about death or suicide.
- ✓ A serious reaction to any medication you're taking.
- ✓ Depression or sadness all the time.
- ✓ Changes in eating or sleeping habits.
- ✓ Weight changes (losing or gaining weight) without any obvious cause.
- ✓ A loss of interest in activities you used to enjoy.
- ✓ Concerns about how you are using drugs or alcohol.
- ✓ No interest in spending time with family or friends.
- ✓ Feelings of hopelessness, helplessness, guilt, shame, or being trapped.
- ✓ Strong feelings of anger or rage.
- ✓ An urge to act impulsively or recklessly.

You can reach the National Suicide & Crisis Lifeline by calling or texting 988. You can also chat online at 988lifeline.org. Help is available 24 hours a day, seven days a week.

If you or a loved one is in immediate danger, call 911 right away.

Where to Get Help Any Time

Here are more resources for additional information:

Wellcare Nurse Advice Line
1-800-581-9952 (TTY: **711**)
24 hours a day, seven days a week

National Institute of Mental Health
1-866-615-6464
nimh.nih.gov

Mental Health America
1-800-969-6642
mhanational.org

National Alliance on Mental Illness
1-800-950-6264
nami.org

Substance Abuse & Mental Health Services Administration
1-877-SAMHSA-7
samhsa.gov