



Follow-Up Care | *Tip sheet*

# Follow-Up Care After Psychiatric Hospitalization

Treat your mental health as you would your physical health. After any stay for a medical need, your care team would have you follow-up with an outpatient appointment with your primary care doctor and/or a specialist. The same is true for mental health needs. Hospital treatment is a key step in recovery, but it is only the first step.

**A follow-up visit with your in-network mental health specialist within 7 days after a hospital stay is very important.** Attending follow-up care after psychiatric hospitalization has been shown to improve member outcomes and decrease the likelihood of re-hospitalization.<sup>123</sup> Failure to continue care often results in experiencing severe emotional and physical symptoms.

## How to Prepare for Your Appointment

When visiting a behavioral health provider for the first time after hospitalization, it is normal to experience a variety of feelings — whether that be excitement, stress or worry. Below are some suggestions to help you prepare and make the most of your visit.

**Bring your discharge paperwork.**

**Write down your concerns and questions you'd like answered ahead of time.** It is normal to have questions about the type of care you may receive, the cost and how often you'll be visiting the provider.

**Bring your insurance information and something to write with.**

**Talk sincerely about what you need and how you are feeling.**

**Complete any intake paperwork prior to your first appointment.**

**Understand the provider's cancellation policy.** Ensure that you know how much notice to give your provider if you need to reschedule your appointment. Some providers require 24- or 48-hours advance notice.



Scan this with your mobile device camera to call us!

# Lucet™

◆ Let's connect you to mental health care, today.

Lucet's team of behavioral health professionals are here to help you navigate your mental health journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step. To reach us, dial 855-888-5001 and press prompt 1 then prompt 4, or scan the code on the left.

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## We're Here to Help

Lucet wants to make sure that members are feeling more like themselves since receiving inpatient care and that they have all the help and resources they need to continue care at home and in the community. Lucet can help provide assistance and resources, including those available as part of the member's health plan benefits. Lucet can help you connect to follow-up care with the following services:

**Schedule a follow-up appointment:** Direct scheduling connects patients to in-person or virtual providers for timely follow-up appointments, relieving the burden of calling multiple providers to access care.

**Identify resources:** We provide resources that help eliminate barriers, like access to telehealth, language assistance and community resources.

**Access Care Management support:** Lucet provides case management resources in addition to referrals for follow-up outpatient treatment.

## References

1. Barekattain M, Maracy MR, Rajabi F, Baratian H. (2014). Aftercare services for patients with severe mental disorder: A randomized controlled trial. *J Res Med Sci.* 19(3):240-5.
2. Glazer, W. (2010). Tackling adherence in the real world. *Behavioral Healthcare*, 30(3), 28-30.
3. Luxton DD, June JD, Comtois KA. (2013). Can post-discharge follow-up contacts prevent suicide and suicidal behavior? A review of the evidence. *Crisis.* 34(1):32-41. doi: 10.1027/0227-5910/a000158.