

Use the form below to write down important information about your health plan, your first appointment after you get out of the hospital, your doctor, and your medications.

### Health Plan Information

Name of Health Plan \_\_\_\_\_

Contact Number \_\_\_\_\_

Transportation Number \_\_\_\_\_

### First Appointment Date/Time/Phone

Therapist/Doctor Name

\_\_\_\_\_

Date and Time

\_\_\_\_\_

Phone Number

\_\_\_\_\_

Name/Phone number of your Pharmacy: \_\_\_\_\_

List all your Current Medications and Dosages

1. \_\_\_\_\_

2. \_\_\_\_\_

### HAVE A PLAN!

It is important to make a plan in case problems arise after you leave the hospital.

- Call your provider if you have one
- For children, call the emergency mobile psychiatric service for your town at 211 or you can call CT BHP at 1-877-552-8247
- For adults, call 211 to locate the mobile crisis team in your area or call CT BHP
- Go to the nearest emergency room
- Call 911 if it is life-threatening

Connecticut Behavioral Health Partnership  
 **Connecticut BHP**  
Supporting Health and Recovery

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Supporting Health and Recovery



### Important Information About Your Care After You Leave the Hospital

*A guide to follow-up Mental  
Health and Substance Use  
Care*

HUSKY Members

For HELP

call 1-877-552-8247

TDD/TTY: 1-866-218-0525

OR

Visit our website at  
[www.ctbhp.com](http://www.ctbhp.com)

**Continuing treatment after being in the hospital will keep you on the road to recovery. When you continue your treatment soon after you leave the hospital, the results are better!**

## WHAT TO DO BEFORE YOU OR YOUR CHILD LEAVES THE HOSPITAL

- **Before** you leave the hospital, you should have your first appointment scheduled. This visit should happen within 7 days if possible. It is best to set up this visit before you leave the hospital
- If you think you will have transportation problems getting to your first appointment, please tell your hospital social worker. He/she can help you make arrangements that will allow you to get to your appointment
- Be part of the planning of the care you will receive after you leave the hospital; consider involving family and friends
- Ask questions, and if you have trouble understanding the language being used ask for a translation or an interpreter

## HELPFUL TIPS

### WRITE IT DOWN!

- Be sure to write down your appointment dates and times

- Write down the name, address and phone number of the doctor, therapist, or clinic, and who to call if you have any problems after you leave the hospital
- Make sure that you get a written list of all your medications. Know how much to take and when to take them

## TRANSPORTATION

If you are a member and you need a ride to your appointment, call the transportation number on the back of your insurance card. Schedule this as soon as you know your appointment time and date. If there are any changes in your pick-up location or time, call ahead to inform the transportation service. *Note: HUSKY B members are not eligible for non-emergency transportation services.*

## WHAT TO EXPECT AFTER LEAVING THE HOSPITAL

- If for some reason you can't go to your first appointment, call ahead to reschedule
- Bring any paperwork given to you when you left the hospital to your first appointment

- Bring a list of your medications, dosages and any side effects you may be experiencing to your first visit
- Make sure you attend all of your scheduled aftercare appointments
- Be sure to write down your questions so you can ask them during your appointment
- If your doctor or therapist is not a good fit, call us to get another referral (1-877-552-8247)
- Think about bringing a friend or family member with you

## ABOUT YOUR MEDICATION

- It is important to continue your medications after you are discharged
- Talk to your doctor about side effects
- Be sure you know what foods and drinks to avoid while taking your medicines
- **DO NOT STOP TAKING YOUR MEDICATIONS** unless your doctor tells you to.