



# Hospitalization for Mental Health: Getting Follow-Up Care

Ambetter from Arkansas Health & Wellness wants to help you reach your best health, both mentally and physically. If you are struggling or worried about your mental health, see your doctor. Sometimes a stay in the hospital is necessary to help you get back to your best health. When this occurs, it is important to see a mental health provider, such as a social worker, therapist, or psychiatrist, after you go home.

## Why is seeing a mental health provider after I go home important?

If you have been in the hospital for your mental health, you should make an appointment with your mental health provider within seven days of being discharged. Scheduling an appointment can:

- Help your provider evaluate and adjust any of your medications.
- Help you adjust from hospital to home, work, or school.
- Help ensure that you continue to improve.
- Give you some of the extra support you might need.
- Lower the chances that you will need to go back to the hospital for your mental health.

## What should I do before I leave the hospital?

- Make sure you understand the medications you are supposed to take and how to take them.
- Tell the hospital staff that you would like to schedule a visit with a mental health provider within one week of leaving the hospital. If you don't already have a mental health provider, they can help you find one in the Ambetter network. They can also help you make the appointment.
- Make sure you have the appointment details and understand them before you leave.
- Ask the hospital staff to send your hospital records to your doctor.

Seeing a mental health provider after leaving the hospital can help you continue to improve your health. If you have any questions, please call Ambetter's Behavioral Health Department at 1-877-617-0390 (TTY: 1-877-617-0392).