

There's Hope Ahead

LEARN THE IMPORTANCE OF FOLLOW-UP CARE AFTER A MENTAL HEALTH CRISIS

Mental illnesses are quite common

According to the Centers for Disease Control and Prevention, **mental illnesses are among the most common health conditions** in the United States¹.

If you're struggling with a mental health condition or worried about someone you love, please treat it as you would a physical health condition and seek care. You may want to see a medical doctor first to ensure you're physically healthy. Then, seek help from a mental health provider.

Why follow-up care is important

There are times when a hospital stay is needed due to a mental health crisis. If that happens, it's important to have follow-up care once you or a loved one has been discharged.

Schedule a follow-up visit with a mental health provider **within seven days after being discharged**. This follow-up visit is important because it:

- **Can help lower your risk** of repeat trips to the hospital
- **Can give you extra support** after leaving the hospital
- **Allows your doctor to review** and adjust your medication
- **Helps ensure support** for your transition back home, work or school
- **Builds on the progress** you made during your hospital stay

(continued)



More than 50% will be diagnosed with mental illness at some point in their lifetime.



1 in 5 Americans will experience a mental illness in a given year.



1 in 5 children, either currently, or at some point, have suffered from mental illness.

¹Source: [Centers for Disease Control and Prevention](#).

Tips to make follow-up easier

Listed below are ways to ensure that your follow-up care runs smoothly:

- **Know your follow-up treatment** (e.g., get a list of what medications you take).
- **Tell the hospital staff that you would like to visit a mental health provider** within one week of being discharged. They can help you:
 - Find an in-network provider (if you don't already have one)
 - Schedule the appointment – just be sure to ask
- **Ask the discharge staff at the hospital for detailed information** about the follow-up visit, including:
 - The provider's name
 - The provider's address
 - The provider's phone number, website or email address
- **Ask the discharge staff to send the records** from your hospital stay to the mental health provider.
 - This helps the provider know about your medical history before your appointment

Having good follow-up care with your doctors can help you improve your physical and mental health. It can also give you a sense of comfort knowing that you have a team of health care professionals who can support you on the path to recovery and well-being.

How to get help

If you should need help, MHN is available 24/7 to help you get you the mental health treatment you need. Call MHN anytime for:

- **Answers to questions** about your mental health benefits
- **Assistance with getting urgent help** if you're having a crisis or emergency
- **Help finding an in-network provider** (for non-urgent appointments, within 10 business days for a therapist, or 15 business days for a psychiatrist)

[Health Net's Non Discrimination Notice](#)



Your behavioral health benefits are administered by Managed Health Network (MHN). MHN can also help you schedule a follow-up visit. Just call the MHN Customer Service number listed on your member ID card.