



**MCLAREN NORTHERN MICHIGAN**

**EDUCATIONAL AND DISCHARGE INSTRUCTIONS FOR THE MENTAL HEALTH PATIENT**

PATIENT NAME: \_\_\_\_\_

1. Based on your exam today, your healthcare provider has determined that you do not appear to be at risk for self-harm, at this time. You will be able to be discharged and be responsible for yourself. If a minor, younger than 18, an adult will be asked to assist a with the safety plan.

A suicide prevention safety plan is to assist you in a time of crisis and also for your healthcare outpatient provider to discuss with you.

Please complete prior to discharge. Suicide Prevention Safety Plan (attached).

2. Take your medications as prescribed.
3. Maintain a balanced diet, establish an exercise plan, at least three times a week for 30 minutes, and maintain a good sleep pattern.
4. AVOID alcohol, which can make depression symptoms worse.
5. Follow-up with your Primary Care Physician (Doctor):

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Date and Time of Appointment: \_\_\_\_\_

Or your Psychiatrist or Therapist:

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Date and Time of Appointment: \_\_\_\_\_

Attend all scheduled appointments.

6. Return to this facility immediately or contact your doctor if you begin to have any of the following:
  - You feel extreme depression, fear, anxiety, or anger toward yourself or others
  - You feel out of control
  - You feel that you may try to harm yourself or another
  - You hear voices that others do not hear
  - You see things that others do not see



695A





**MCLAREN NORTHERN MICHIGAN**

**EDUCATIONAL AND DISCHARGE INSTRUCTIONS FOR THE MENTAL HEALTH PATIENT**

PATIENT NAME: \_\_\_\_\_

1. If you have a mental health crisis or cannot assure your safety or the safety of others, immediately call Crisis Services at 517-364-8460 or 888-800-1559 or contact your local Community Mental Health at:

\_\_\_\_\_

2. Available Resources and Support Systems:

- Capitol Area Project-Voices for Recovery  
www.CapitolAreaProjectVOX.com or 517-230-6995
- National Suicide Prevention Lifeline  
www.SuicidePreventionLifeLine.org or 866-488-7386
- The Listening Ear in East Lansing, MI  
517-337-1717
- Alcoholics Anonymous Help Line  
517-337-1444
- NarcoticsAnonymous Help Line  
800-230-4085

3. Other Discharge Instructions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

\_\_\_\_\_  
RN

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time



695A

**695A**

