Questions I have:
Notes:

Beaver County Crisis Intervention Services

24-Hour Crisis Telephone Hotline

724.773.4242 option 1 toll free: 800.400.6180

(This 24-Hour hotline is available 7 days a week, including holidays.)

Beaver County 2-1-1

One call links you to friendly human services help. Phones are professionally-staffed 24 hrs/day.

Beaver County Warmline

Peers are available from 6 pm to 9 pm, 365 days a year, including holidays and weekends at 724.775.9507 or call toll-free at 1.877.775.9276



National Suicide Prevention Lifeline

1.800.273.TALK (8255) 24-Hour, English/Spanish

Support for Individuals and Families 724.888.6877



Life is a Journey!



My guide for care, after I leave the hospital.



www.bc-systemofcare.org



Follow-up and Aftercare Plans

Staying in treatment soon after being discharged from the hospital is a very important part of your follow-up care. It will help you to stay healthy.

It's a good idea to have a plan that helps to identify early stressors and how you will manage to stay well. That plan may include:

- Having family and friends visit as your support system
- Developing some coping skills
- Taking medication

The first step in staying well begins with an appointment <u>right after</u> you leave the hospital. It is best when outpatient care begins within **7 days** after your discharge.

Aftercare Appointments:

• •
Name:
Date:
Time:
Phone:
Name:
Date:
Time:
Phone:
Name:
Date:
Time:
Phone:

My Medications Are:

1)	
2)	
3)	
5)	
6)	

ValueOptions® Member Phone Number Toll Free: 877.688.5970

If you have special needs that could keep you from going to your Aftercare Appointment, please call the Beaver County Medical Assistance Transportation Program (MATP) at 800.262.0343



Remember ...

Even if you start to feel better, keep taking your medication. It may be the reason you are feeling better. Always talk with your doctor before making medication changes.