

What Is Next After a Mental Health Hospital Stay?



Your mental health is just as important as your physical health.

We encourage you to follow up with your provider after your mental health hospital stay to help during your recovery. Before you leave the hospital, work with your health care team to set up a visit with a mental health provider.

You or your child getting ongoing mental health care after leaving the hospital may:

- Help you feel better.
- Improve relationships with friends and family.
- Help you get back to school or work.

What should you do after you are discharged?

- Bring the discharge papers to the follow-up appointment; it helps the provider have the most current information.
- The sooner you or your child can see the provider, the sooner they will be able to help your or your child's recovery.

Contact National Alliance on Mental Illness (NAMI) Central Texas for more free support and resources. Here is how they can help:

- Provide a sense of belonging and hope.
- Be part of a group led by those who have been there before.
- Provide support so you can take better care of yourself and/or your child.

NAMI Central Texas – Building community, connection and resilience around mental health (namicentraltx.org)



Scan the QR codes below to watch videos about getting the care you need. Once you scan, select the button 'CC' on the video screen and choose your language before clicking the play button.



Mental Health

Follow-up



BCBSTX offers a Behavioral Health Inpatient Follow-up Incentive

Members who have been discharged from inpatient care after a behavioral health visit are eligible to get a \$50 gift card when they follow up with their provider within seven days after a behavioral health hospitalization. Once you complete the exam, please visit [bcbstx.com/wellnessrewards](https://www.bcbstx.com/wellnessrewards) to register to claim your gift card reward.

If you need a ride to and from non-emergency medical visits, call the Nonemergency Medical Transportation (NEMT) program at **1-866-824-1565** (TTY: **711**) 24 hours a day, seven days a week. NEMT can help you get a ride to your health care appointments when there are no other transportation options. Rides are available between 8 a.m. and 5 p.m. Central time, Monday through Friday.

Our staff is here to help, please call the number on the back of your member ID card if you would like to speak to a Customer Advocate.

Blue Cross and Blue Shield of Texas complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).