# We're Here for You

One of our case managers will start working with you and your treatment team before you leave the hospital. They will also check-in with you once you are home. If you have any problems or need help figuring out the next step, please call your case manager or the Behavioral Health Crisis Line at **1-844-800-5154**. You may call 24 hours a day, 7 days a week. TTY users may call **711**.
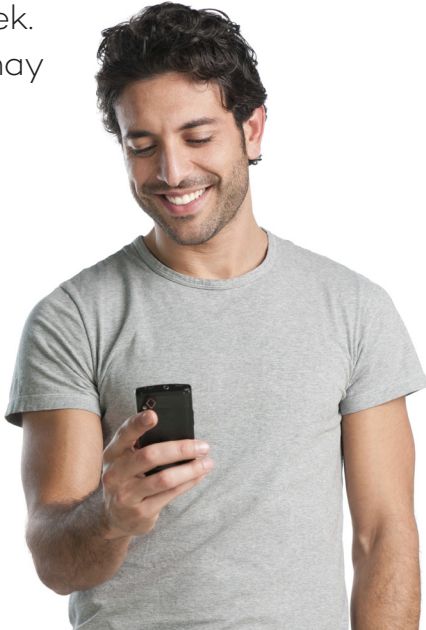
Staying Out of the Hospital

If you have been to the hospital for a behavioral or mental health problem, we want to help you stay on the right track. We want you to get the care you need and avoid another hospital visit. Follow the tips on the next page and you can stay out of the hospital and in your home!

PASSPORT HEALTH PLAN
BY MOLINA HEALTHCARE

5 Tips to Stay Out of the Hospital:

1 **Work with your treatment team.**

- You and your treatment team can work together to make a care plan so you can be at your best.
- You need to know your care plan and be a part of it.

2 **Help make your treatment plan.**

- The more you share with your treatment team, the better they will understand what's going on and can help you.
- If you are not sure what someone is saying or you do not agree, speak up!

3 **Be active with your care!**

- Get involved with your care plan and do the things you learn in the hospital to get better and stay healthy. Being active in your care will help you get better faster!
- Focus on what your life will look like in recovery and when you are back to normal life.

4 **Involve your family, if possible.**

- Behavioral or mental health problems can be hard to deal with and can make you feel alone.
- The more support you have from others, the better you will do.

5 **Go to your follow-up appointment after you get home.**

- When you leave the hospital, you will be given a follow-up appointment within 7 days.
- This visit is very important even if you feel like you don't need it. It will help you stay out of the hospital.