

Discharge Checklist

<input type="checkbox"/>	Make sure you have your appointment schedule. Know the location, time and contact information of your appointments.
<input type="checkbox"/>	Ask your social worker or doctor at the hospital to provide you with a medical note to your professors or employers.
<input type="checkbox"/>	Ask your social worker about information on community resources. You can also look at the “Find Treatment Providers” or “Support Resources & Tools” section on this website.
<input type="checkbox"/>	Clarify what medications you need to take, the dosage amount, why you need to take them, and what side effects to look for. If you have any questions, ask your nurse.
<input type="checkbox"/>	If medications are being ordered from the hospital pharmacy, make sure you have these medications before you leave and that you have any prescriptions you might need. UHS also has a pharmacy available on central campus.
<input type="checkbox"/>	Double check to see that you have all of your belongings – your nurse can provide you with plastic bags, if you need them.
<input type="checkbox"/>	Ask any remaining questions you have and clarify any necessary next steps.
<input type="checkbox"/>	Clarify with your treatment team what you are supposed to do if you experience a return of symptoms.
<input type="checkbox"/>	Make arrangements to get home from the hospital (family, friend, bus, taxi, etc.)

Adapted from “University of Michigan Student’s Guide to Mental Health Hospitalization” developed by University of Michigan Student Life.