

Getting Better Together: A Guide for Families

Parents: Read this information then share it with your child using the text, images, and activities below.

Hello Families!

Being in the hospital for mental health or substance use can be overwhelming. Here is some important information to help with recovery after discharge.

Follow-Up After ER Visits: Why It's Important

It's important to visit a doctor again within seven days after leaving the hospital to:

- Support your child's emotional and physical well-being.
- Help coordinate with your child's healthcare providers.
- Reduce future hospitalizations, relapses, or complications.

Follow-Up Activities You Can Do Together

- Set simple, positive goals together.
- Draw pictures or write about how you and your child are feeling.
- Encourage your child to share feelings by telling another trusted adult how they feel and discuss solutions.
- Keep appointments and talk about rescheduling early.
- Call for help when needed.

Express Yourself!

Use the blank space here to draw or write about how you feel and what matters most for your health and well-being.

Important Contacts

MA Behavioral Health Help Line (BHHL):
Connection to behavioral health services
833-773-2445 | masshelpline.com
988: Suicide crisis and emotional support
MA Substance Use Help Line:
800-327-5050 | helplinema.org
Hearing Impaired: Use TTY or MassRelay at 711

What are three ways you want to help with your care?

1. _____
2. _____
3. _____

