

Patient Discharge Checklist

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At home, you will need to know what to do if you start to have problems. It is important to contact your doctor or community team member if:

- Your symptoms are getting worse.
- You are having early warning signs of your illness.
- You are having difficulty with side effects from your medications.
- You feel very discouraged or have thoughts of suicide.
- You feel like losing control and/or hurting someone.
- You have run out of your medication.
- You plan to become pregnant or are pregnant.

Fill in this information before you leave hospital

Name: _____

Number: _____

I am at risk of developing: _____

My early warning signs are: _____

When I have any of these signs I will: _____

My follow up Dr./Team is: _____

The phone number is: _____

My follow up team member is: _____

The phone number is: _____

My Emergency contact person is: _____

My Emergency contact number is: _____

If I develop any difficulties or problems related to my illness, I will contact
_____ immediately. Phone number _____.

Adapted from: Treatment Protocol Project (1997). Management of Mental Disorders (2nd ed). Sydney: WHO Collaborating Centre for Mental Health and Substance Abuse *by:* Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN (CDMHP, 2003)

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