

# My Going Home Checklist

For Mental Health Inpatients

## Understanding my condition

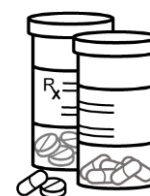
I have talked to my care team and understand:

- ☐ What it is
- ☐ What I can expect in the future
- ☐ The changes I need to make in my daily life
- ☐ What I can do to help myself get better and stay well
- ☐ Who I can speak to about my feelings



## Understanding my medicine:

- ☐ I have attended a medication group with the pharmacist
- ☐ I have spoken to my psychiatrist about my medications
- ☐ I have confirmed which medicines I should continue to take, and the follow up required
- ☐ I understand the side effects of my medications and what I should do about them



## Recovery, follow up and support needs

I have talked to my care team about my recovery and follow up including:

- ☐ Any appointments in the community
- ☐ Speaking with my social worker about resources for mental health in the community (Support Services, Housing, social programs)
- ☐ Having a support person in my life who can help me with my plan of care



## Knowing when to get help again

I know who to contact if I feel there is a problem related to my condition.

- ☐ Phone number and name

