



**PHILADELPHIA INTELLECTUAL
DISABILITY SERVICES (IDS)**
215.685.5900



CRISIS RESPONSE CENTERS FOR ADULTS:

EINSTEIN MEDICAL CENTER
215.951.8300
5501 Old York Road

FRIENDS HOSPITAL
215.831.4600
4641 Roosevelt Boulevard

**HOSPITAL OF UNIVERSITY OF
PENNSYLVANIA – HUP CEDAR
AVENUE**
800.789.7366
501 S 54th Street

PENNSYLVANIA HOSPITAL
215.829.5433
Spruce Building
801 Spruce Street
1st Floor

**TEMPLE UNIVERSITY HOSPITAL
EPISCOPAL CAMPUS**
215.707.2577
100 E Lehigh Avenue

CRISIS RESPONSE CENTERS FOR CHILDREN:

**PHILADELPHIA CHILDREN'S
CRISIS RESPONSE CENTER**
215.878.2600
3300 Henry Avenue
Falls Two Building

**CHILDREN'S HOSPITAL OF
PHILADELPHIA – BEHAVIORAL
HEALTH AND CRISIS CENTER**
445.428.5800
501 S 54th Street

Tips for Engaging in Follow-Up Care

We know that staying in treatment is important for your recovery. Here are some helpful tips to help you achieve your treatment goals.

You are the expert on what helps you! Here are a few ways to encourage recovery and connect with your provider:

Ask about resources to help keep your appointment:

- ➔ Ask to be connected to your outpatient provider upon discharge and to be given a scheduled appointment
- ➔ Talk with your provider or social worker about anything that might prevent you from following up. They can help you find support like transportation, childcare, legal needs, or Ask about Medications:
- ➔ Medications may be available to help you manage your conditions
- ➔ Discuss medication options with your doctor
- ➔ Talk to your provider about which medications you have tried. Let them know which medications worked or did not work for you

Keep in Touch:

- ➔ Keep your contact information up to date
- ➔ Tell your provider if you need to reschedule

Be Honest with Your Counselor/Doctor:

- ➔ Let them know what substances you are using, if any, and how much
- ➔ Let them know about any mental health symptoms and/or concerns
- ➔ Let them know if your treatment plan is working or not; you can always adjust the plan
- ➔ Talk about your discharge plan with your inpatient provider so that you understand the next steps

Get Involved

Connecting with a recovery community can help you achieve your goals! Using the [CBH Provider Directory](#), you can:

- ➔ Connect with Program Groups
- ➔ Connect with Peer Support
- ➔ Connect with Faith-based Groups



Scan for more resources to help you meet your recovery goals.