



Mental Health Hospitalization

Hospitalization in a mental health facility is an option for people experiencing a **mental health crisis**. One can be hospitalized against their own will if they are a harm to themselves or others. Someone can also willingly choose hospitalization for treatment if they are in a mental health crisis. When someone is hospitalized they are closely monitored, stabilized, and evaluated for a mental disorder.

Here are some steps to take when seeking hospitalization:



1. Find a hospital that provides treatment for the type of care you want.

- **Private psychiatric hospitals & general hospitals with psychiatric units:** In-patient, 24 hour hospital that are staffed by group therapists, psychiatrists, social workers, and psychiatric nurses.
- **Public psychiatric hospital:** Provides short and long-term care for people with severe mental disorders who are not able to afford a private or general hospital.
- **Partial hospitalization:** Provides day treatment and therapeutic services. These facilities do not provide 24 hour care.
- **Residential Care:** Provides a residential setting for treatment with 24 hour psychiatric care.

Follow this link to find a hospital in your area: <https://findtreatment.samhsa.gov>



2. Have a trusted family member or friend help you to ask questions **before** you commit yourself to a facility.

- Putting your health in someone else's care can be a scary experience. You can be unsure of what will happen and how you will be treated. Before checking into a treatment facility, ask the following questions:
- Who will evaluate me when I am admitted?
- Does the facility treat people with my diagnosis?
- If I have other mental health and emotional problems, how will they be treated?
- For other questions, follow this link: <http://bit.ly/HospQuestions>



Mental Health Hospitalization

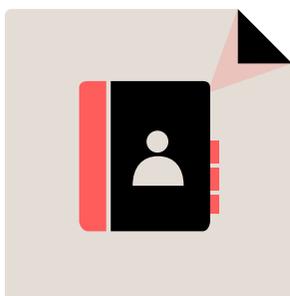


3. Ask questions during your stay about the rules at the treatment facility.

Asking questions can help make your stay at an in-patient hospital more comfortable and put your mind at ease. These questions can be asked before or during your stay at a treatment facility:

- When can I have visitors?
- What clothes, toiletries, and materials am I able to bring?
- When can I leave the treatment facility?
- Will I have to share a room with someone?
- When will I have therapy?
- Will I have to undergo any tests or assessments?
- For other questions, follow this link: <http://bit.ly/HospQuestions>

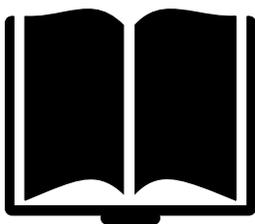
4. Have a plan when you leave the hospital.



Once you leave the hospital, a whole series of different emotions can take place. You may be worried about what is next, how you are going to take care of your mental health, and what kind of follow-up treatment you will need.

Here are some questions to keep in mind once you leave the hospital:

- Does the hospital provide any outpatient treatment programs?
- Will a social worker or other helping professional provide me with resources once I leave?
- What should my family and friends expect once I leave?
- Will I be on medication? How will my medication affect me?
- When will I be able to return to work or school?



5. Learn about your mental disorder.

One of the most important things to do once you leave the hospital is to learn about your mental disorder. By learning about your symptoms and triggers, you can avoid returning to the hospital in the future.