



# Your mental health after an ED visit

You came to the emergency department because of how you were feeling or coping. The team has checked that it is safe for you to go home with support. This sheet explains how to look after yourself over the next days and where to turn if things get worse.

## What is it?

Stress, low mood, anxiety, grief, and thoughts of self-harm or suicide are common, and they can be treated. Feelings often come in waves, and a crisis can pass. Getting help is a sign of strength, not weakness. Recovery is easier with a plan, people you trust, and follow-up care.

## Looking after yourself at home

- Keep the safety plan you made today somewhere easy to find, and use it when you feel worse.
- Stay close to someone you trust, and tell them how you are really feeling.
- Remove or lock away things you could use to hurt yourself, such as spare medicines or sharp objects.
- Avoid alcohol and drugs. They can make your mood and thoughts worse.
- Try to keep a routine: regular sleep, meals, and some light activity each day.
- Do small things that have helped before, such as walking, praying, talking or listening to music.

## Medicines

- Take any medicine you were given only as your doctor told you or as the packet says.
- Do not stop your usual medicines suddenly. Talk to your doctor first.
- Ask someone you trust to keep your medicines if you are worried about taking too many.

## Follow-up

- See your family doctor or health centre within a few days, as agreed today.
- Go to any mental health appointment you were given. If you are not contacted when expected, ask your family doctor.
- If you have no appointment, ask your family doctor to refer you for talking therapy or specialist care.

## Come back to the emergency department or call an ambulance straight away if:

- You have thoughts of ending your life and a plan, or feel you cannot keep yourself safe
- You have hurt yourself, or taken an overdose of any medicine
- You feel you might hurt someone else
- You hear voices telling you to harm yourself or others
- You are very confused, not sleeping for days, or not eating or drinking
- Someone close to you is worried you are not safe — they can call an ambulance



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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