



Discharge Planning Worksheet for Mental Health

There will be guidelines to make a discharge planning worksheet. Read them carefully.

Client's name

Diagnosis:

Treatment

Medications to be taken after discharge

Goals and outcomes achieved during the course of treatment

Potential issues that may arise after the discharge.

List of coping skills to handle these potential issues

Follow up appointment

Suggestions to the client or his family

References

[Smith, T. E., Abraham, M., Bolotnikova, N. V., Donahue, S. A., Essock, S. M., Olfson, M., ... & Radigan, M. \(2017\). Psychiatric inpatient discharge planning practices and attendance at aftercare appointments. *Psychiatric Services*, 68\(1\), 92-95.](#)

[Alghzawi, H. M. \(2012\). Psychiatric discharge process. *International Scholarly Research Notices*, 2012.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.