

## Mental Health Discharge Planning Worksheet

Following is a mental health discharge plan as a sample. Read it carefully and use it as a guide.

**Patient's Name:**

**Diagnosis at the time of discharge:**

**Treatment course:**

**Medications to be taken after discharge:**

**Allergies (if any):**

**Goals obtained during the course of treatment:**

**Discharge plans:**

**Suggestions:**

**Possible problems after discharge:**

**Coping skills to handle problems:**

**Appointments with a therapist after discharge**

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_