

## FOLLOW UP

48 hour follow up processes aim to ensure the person has adequate support in the period following identification of their risk.

A person may find it stressful to re-tell their story. Please review clinical notes, formulation, and plans prior to the phone call to ensure you know the details of their presentation.

### Engagement

- Introduce self, role and purpose of contact.
- Seek shared understanding of recent events.

### Assessment

- How have things gone since discharge? Any immediate concerns?
- Check mental health, perform Mental State Examination and reassess risks.
- Check suicidal ideation, plans or intent and changes to substance use.
- Update risk formulation.
- Crisis intervention for imminent risk.
- Assist with emotion regulation if required.

### Care Planning

- Review Safety Plan.
- Review progress with discharge plan.
- Check follow-up appointment's date, time, location.
- Check on plan to restrict lethal means.
- Check with family or carers and service providers regarding progress.
- Assist with problem solving.
- Updated agreed care plan, risk formulation and document phone call.

### Follow-up

- Communicate with carers, family and other health professionals - warm handover.
- Confirm next appointment

This document is adapted from ASPIRES Pathway Clinician Resource  
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