

Dear

**It has been a short time since you were on [name of ward]. We know that the time after discharge can be difficult for people so wanted to drop you a line.**

We are writing to you to remind you that a member of your community mental health team [name of team] should be contacting or visiting you within the next 7 days and that if things get difficult you can contact them on [number]. You can talk to a member of the team about any areas of your life that are causing you concern (e.g. money or housing problems), not just mental health issues.

If things get difficult outside 9 a.m. to 5 p.m. and at weekends you can contact the [team name] on [number].

Enclosed is a leaflet that we have put together to provide you with some information about other services that might be of interest to you. These include telephone support lines and support groups.

With best wishes,  
[name of ward manager]  
On behalf of the ward team