



**Important Information
Regarding Your Aftercare Appointment**

We hope you are doing well after your recent hospitalization. We are happy to serve you.

To make sure that you continue to receive mental health care, **please call our office within 24 hours of discharge** to confirm your appointment. We will hold your appointment after discharge, but if you do not confirm, you will lose your appointment time.

To streamline your care, you can log on to our website and fill out the paperwork online. Please be sure to fill the form out in its entirety. Our website is:

www.heliospsych.com

Please email a copy of the front and back of your driver's license or State ID and ALL insurance cards. If under the age of 18, please send legal guardian's information. They can be emailed to:

intake@heliospsych.com

If you are able to complete both steps, please arrive at your scheduled appointment 15 minutes early.

Do not worry if you are unable to complete either of these steps. If you cannot, please arrive at the clinic at which your appointment is scheduled 40 minutes prior to your appointment time so you can fill out the paperwork at the office. Please make sure you arrive with your driver's license or State ID and ALL insurance cards.

If you feel your symptoms are returning, or you feel unsafe, prior to your first appointment with Helios Psychiatry & Counseling, please go to the nearest ER or call 9-1-1.