

Acute Care Team Community Pathway

You recently presented at our Emergency Department (ED) at the Townsville University Hospital (TUH).

You've been discharged, what now?

- Your follow up care will be with our Acute Care Team (ACT). This is our mental health crisis team.
- A referral with your details has been sent to ACT so they should be in touch with you within 72 hours to arrange an appointment.
- You may wish to connect with your General Practitioner (GP). They can give you extra support and provide you with treatment you may need.
- ACT can be contacted for crisis assistance and support on

1300 64 2255 (1300 MH CALL)
24-hours / 7 days a week

General advice

- We recommend you do not use any alcohol or drugs at this time. Using substances can be very harmful to your mental health and well-being, especially when you are not feeling well
- If substance use is a problem for you, you may want to contact our Alcohol, Tobacco and Other Drugs Service (ATODS) on **4433 9600** to take those first steps in getting help
- Please remember, if things aren't getting better, or are starting to get worse, return to the ED for further care
- **If you have immediate concerns about the safety of you or your loved one, contact triple zero (000).**

Other useful services

- **ADIS** 24/7 Alcohol and Drug Support
1800 177 833
- **Lifeline** 24/7 Crisis Support
13 11 14
- **Open Arms**
24/7 Australian Defence Force Support
1800 011 046
- **Suicide Call Back Service** 24/7 Counselling
1300 659 467
- **13YARN**
24/7 Aboriginal and Torres Strait Islander Support
13 92 76



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