7 days is too long to wait for follow-up when you leave hospital after a mental health crisis

Last year, more than 100,000 people spent time in hospital for a mental health problem.

1 in 10 people still haven’t been followed up a week after leaving hospital.

People are most at risk on day 3 after leaving hospital.

People who aren’t followed up within a week are 2x more likely to try and take their own life.

1 in 20 No. of people who end up back in hospital within 30 days.

We’re calling for everyone to be followed up within 48 hours.

[Logo: mind for better mental health]