

# Discharge Summary For Mental Health

**Patient Name:** John Doe

**Patient ID:** 987654321

**Admission Date:** April 5, 2024

**Discharge Date:** May 5, 2024

**Admitting Psychiatrist:** Dr. Lisa Ray

**Discharge Psychiatrist:** Dr. Lisa Ray

**Facility:** Sunshine Behavioral Health Center

## **Reason for Admission:**

Major Depressive Disorder, severe, without psychotic features

## **History of Present Illness:**

The patient presented with a six-month history of depression characterized by persistent sadness, lack of interest in activities, significant weight loss, insomnia, and passive suicidal ideations.

## **Hospital Course:**

The patient underwent an intensive treatment regimen including individual psychotherapy, group therapy, and medication management. Antidepressant therapy was initiated and adjusted based on response and tolerability. The patient participated in cognitive-behavioral therapy sessions aimed at addressing negative thought patterns and enhancing coping skills.

## **Medications on Discharge:**

- Sertraline 100 mg daily
- Trazodone 50 mg at bedtime for insomnia

**Allergies:**

No known drug allergies

**Condition at Discharge:**

Much improved. The patient reports a significant reduction in depressive symptoms and denies any current suicidal ideation.

**Psychosocial Interventions:**

- Cognitive Behavioral Therapy
- Supportive psychotherapy
- Stress management sessions

**Follow-up Care:**

Follow-up appointment with outpatient psychiatrist Dr. Emily White on May 15, 2024, at Community Mental Health Clinic. The patient is also recommended to continue weekly sessions with a licensed therapist.

**Safety Plan:**

The patient and care team developed a safety plan including identifying warning signs of relapse, coping strategies, and emergency contacts.

**Instructions for Patient/Caregiver:**

- Continue medication as prescribed without interruption.
- Attend all scheduled therapy sessions.
- Engage in daily physical activity and social interactions as tolerated.

**Summary of Counseling Provided to Patient/Caregiver:**

Extensive counseling was provided regarding medication adherence, recognizing signs of relapse, and utilizing support systems. Education was also provided about the importance of ongoing therapy and lifestyle modifications supporting mental health.

**Copy to:**

- Primary Care Physician
- Outpatient Psychiatrist
- Therapist