

# RECOMMENDED CHECKLIST

## BEFORE YOU LEAVE THE HOSPITAL:

- ✓ Get written verification of dates you were in the hospital to document absence from class.
- ✓ Review any newly prescribed medication by learning what you are taking, why you are taking it, & possible side effects.
- ✓ Fill your prescriptions or know where to have them filled.
- ✓ Ask your nurse, doctor, and/or social worker any questions you have.
- ✓ Have your nurse and/or social worker contact Student Outreach & Support Services to assist in your discharge & aftercare planning.
- ✓ Understand your discharge plan.
- ✓ Know how you are getting back home from the hospital.

## AFTER YOU LEAVE THE HOSPITAL:

- ✓ Reach out to Student Outreach & Support Services to assist you in your transition whether you decide to continue your studies or take a break.
- ✓ Check your University of Houston email.
- ✓ Utilize the campus resources list on the back of this brochure.
- ✓ If you live on campus, contact your Residence Life Coordinator (RLC) to let them know you have returned to campus.

### Be kind to yourself.

Remember, your body and mind just experienced something new and are likely still processing everything that occurred. Be patient and understanding with yourself about what you may and may not be able to do right away. Adjusting to new ways of living takes time and patience.

### Assess what you are ready to take on.

While you may want to jump right back into classes, homework, and everything else, it is essential that you consider pacing yourself and giving yourself time to recover.

### Use your resources.

There are staff dedicated to helping you during this time. Get to know University resources and ask for help early and often.

### Your overall well-being is especially important during a difficult time.

Make sure you are maintaining healthy practices including eating and getting rest.

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### Take it one task at a time.

Don't force yourself to make any big decisions right now that do not have a firm timeline. Focus on taking small, manageable steps to gradually improve your position and regain stability. Work on getting reoriented to school, home, work, family, and friends.

## DEAR COUGAR,

The Student Outreach and Support Services team is committed to your well-being and success. It is our honor to reach out and work with you as you transition back to campus, after a hospitalization, to ensure continued care and support.

You may have questions about the impact of your absence on your academic, housing, & financial situation. You may also have questions about following through on your discharge plan.

Our role is to help you sort out those questions, connect you to the right departments on campus, and support you in this transition.

If you would like to connect with us prior to leaving the hospital, please let your nurse and/or social worker know so they can help you complete the necessary paperwork to ensure a plan for communication.

If you have already been discharged from the hospital, please contact our office using the contact information on the front of this brochure to schedule a meeting.

## TIPS TO REMEMBER IN UNEXPECTED TRANSITIONS

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# ROADMAP

Comprehensive Guide to  
Hospitalization Support

832-842-6183 | sosdos@central.uh.edu

Student Outreach & Support  
Students Office

## HELPFUL RESOURCES POST-HOSPITALIZATION:

WHO CAN I CONTACT?	HOW CAN THEY HELP?
<a href="#">Dean of Students, Student Outreach &amp; Support Services</a> 832-842-6183	Case management during transition back to campus after hospitalization or leave of absence.
<a href="#">Counseling and Psychological Services (CAPS)</a> 713-743-5454	24/7 Crisis Services, Access Visit (Triage), Skills Workshops, and Short-Term Individual/Couples/Group Counseling.
<a href="#">Psychiatric Clinic, Student Health Center</a> 713-743-5149	Evaluations, medication management, treatment, and referrals for currently enrolled students.
<a href="#">Student Health Center &amp; Campus Pharmacy</a> 713-743-5151	Medical and pharmacy services.
<a href="#">Justin Dart, Jr. Student Accessibility Center</a> 713-743-5400	Accommodation plans & access support can be helpful when managing a new diagnosis and/or medication.
<a href="#">Office of Integrated Enrollment Services</a> enroll@uh.edu	Support students with navigating offices including Admissions, Registrar, and Scholarships & Financial Aid.
<a href="#">Undergraduate Academic Affairs</a> 713-743-9110	Academic options for Undergraduate Students who may be considering dropping a class or a medical withdrawal.
<a href="#">UH Wellness</a> 713-743-5430	Health and well-being education, development, and support.
<a href="#">Residential Life, Student Support &amp; Well-being</a> 713-743-6000	Well-being support for students in campus residence halls. Assistance with information & changes regarding housing.
<a href="#">Auxiliary Services</a> 832-842-9053	Information and changes regarding meal plans.
<a href="#">University of Houston Police Department</a> 713-743-3333	Campus safety, security, and welfare checks.

FOR MORE INFORMATION ABOUT  
STUDENT OUTREACH & SUPPORT SERVICES  
& FOR AN ELECTRONIC COPY OF THIS GUIDE,  
SCAN THE QR CODE BELOW:



### 24/7 Confidential Crisis Support:

**Counseling & Psychological Services (CAPS)**  
Call 713-743-5454  
**988 Suicide & Crisis Lifeline**  
Call or text 988 (Options in Spanish, for Deaf & Hard of Hearing, and Veterans)

# YOUR RECOVER

## A Comprehensive Post-Hospitalization

Student Center South Room 256 | 832-842-6183

Student Outreach & Support  
Dean of Students Office