

Follow-Up After Emergency Room Visit for Substance Use



People who struggle with alcohol or other drug abuse or dependence (AOD) may visit the emergency room (ER) frequently if they are having difficulty accessing or maintaining continuity of care. It's important to seek follow-up care for AOD issues to decrease substance use, reduce future ER visits and hospital admissions, and shorten hospital stays.¹

Understanding the importance of follow-up care:

- **Ensuring continuity of care:** Follow-up appointments help maintain continuity in your treatment and support journey.
- **Identifying potential triggers:** Follow-up visits can assist in identifying triggers and developing strategies to prevent future substance use episodes.
- **Addressing underlying issues:** Follow-up care can address underlying issues contributing to substance use and support long-term recovery goals.
- **Accessing additional resources:** Learn about additional resources and support services available to you during and after follow-up appointments.
- **Empowering self-care:** Follow-up care empowers you to take control of your health and well-being, leading to improved outcomes and a healthier lifestyle.

It's crucial to attend follow-up appointments after an ER visit for substance use.

Strategies to help individuals stop substance abuse:

- Seek professional help
- Establish a support system
- Identify and address triggers
- Develop healthy coping mechanisms
- Stay committed to recovery

These strategies, combined with professional guidance, social support, and personal commitment, can significantly increase the likelihood of achieving long-term recovery.

What to do after an emergency room visit:

- Follow up with your doctor within seven days of your ER visit.
- Call Ambetter's 24/7 Nurse Advice Line at 1-877-617-0390 (TTY: 1-877-617-0392).

Information on where to go for care is available on our website at [Ambetter.ARHealthWellness.com](https://www.ambetter.com).

¹ <https://store.samhsa.gov/sites/default/files/sma14-4126.pdf>