

HOPE Care Kits | A PROGRAM OF GRANT HALLIBURTON FOUNDATION

In the month after patients leave inpatient psychiatric care, their suicide death rate is 300 times higher (in the first week) and 200 times higher (in the first month) than the general population's¹, and suicide risk remains high for several months.

Hospitalization is only one step on a patient's journey to wellness. Follow-up care and a plan for ongoing mental health treatment are imperative.

There is a great opportunity and need to offer resources, encouragement, and care for people upon discharge from psychiatric hospitalization. Thoughtful intervention during this critical time can save lives.

What are HOPE Care Kits?

Hope Care Kits are thoughtfully curated bags filled with mental health resources, self-care items, and items to provide encouragement and comfort for people when they are discharged following psychiatric hospitalization.

WHAT'S INSIDE:

- Journal and pen
- Mindfulness coloring book and colored pencils
- Stress ball
- Fuzzy socks or soft blanket
- Lip balm or lotion
- Encouraging stickers
- Sticky notes with hopeful messages
- Mental health resources from Grant Halliburton Foundation
- "What's Next? A Guide to Making a Roadmap for Ongoing Care After Hospitalization"
- A hand-written note of encouragement



Mockup only

Who are HOPE Care Kits for?

HOPE Care Kits are intended for anyone being discharged from inpatient treatment or hospitalization for mental health. Grant Halliburton Foundation is seeking partnerships with area organizations providing hospitalization and treatment. English and Spanish kits available.

How can I get involved?

Grant Halliburton Foundation needs volunteer groups to help assemble HOPE Care Kits. If you're interested in making a donation to support this new program, \$10 covers the cost of one kit.

If HOPE Care Kits would be a valuable addition to your discharge process and a good tool for your patients, or if you would like to get involved as a volunteer, contact Laura Montgomery Peña at laura@granthalliburton.org or 972-744-9790 x1114. Visit GrantHalliburton.org/hopecarekits for more information.

¹ Chung, D. T., et al. (2019). Meta-analysis of suicide rates in the first week and the first month after psychiatric hospitalisation. *BMJ Open*, 9(3), e023883.



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Grant Halliburton Foundation was established in 2006 in memory of a Dallas teen who battled depression and bipolar disorder for several years before his suicide death at the age of 19. Since 2006, the Foundation has provided mental health education, training, and support to nearly 300,000 students, educators, parents, and professionals.

The Foundation also offers help and support through HereForTexas.com and the Here For Texas Mental Health Navigation Line. These free community tools provide easy access for North Texans seeking information and resources for mental health and addiction.