

BEHAVIORAL HEALTH CONSULTANT:

PHONE NUMBER:

CONTACT INFORMATION:

PLAN:

NEXT APPOINTMENT:

Note that same-day appointments are available every day. Call at 8:00 AM to schedule a same-day appointment.

Your Clinic

Provides quality health care through service and education.

Your Clinic

Address

Address

Clinic Hours

Contact Phone Number



Your clinic's web address

Your clinic's portal information, Facebook Page



Your Primary Care Home

What is my primary care home?

Your primary care home is where you can see your primary care provider who can help you be healthy. This is where you go for yearly check-ups or when you feel sick or sad.

Does my primary care home offer behavior change services?

Yes, they offer care for the whole person, mind and body. Your primary care provider and primary care team work together to teach you the skills you need to lead a healthier life. This also requires you to take an active role in your own health care.



Your Primary Care Team

Key members of your team include:

Primary Care Provider (PCP)

Your primary care provider helps you with your physical and mental health so overall you are feeling well. Your primary care provider will help you think through important health decisions and may connect you with another member of the primary care team to make sure that you are getting the best care.

Behavioral Health Consultant (BHC)

Your primary care provider may refer you to a BHC for a 30-minute (or less) visit.

The BHC will focus on a particular problem.

After talking to you, the BHC will help you make any changes you want to make.

The BHC helps patients of all ages, with any health issue affected by stress or behavior.

Nurse and Medical Assistant

Nurses and Medical Assistants play many roles on your primary care team. They will be the first person you talk to when you have a health concern. They work closely with the PCP and BHC and often can help if you want to see the BHC. Some clinics also have a BHC who can help you with your health.



Your BHC can help you . . .

- **Create a healthy lifestyle** by changing eating and exercise habits, or learning relaxation skills, ways to sleep better and have good friends.
- **Reflect on habits.** They can help you make changes to habits that are not helpful, like using alcohol, tobacco and drugs too much, or getting angry easily and hurting people's feelings. The BHC can help you develop new habits and make changes to improve your life. They can help you learn new skills for developing strong, loving relationships.
- **Cope** with stress, including loss and sadness.
- **Apply self-care techniques** to manage pain, diabetes, high blood pressure and other issues and train your brain to