

## How is this different from Mental Health?

The Behavioral Health Provider is part of your overall health care. If you request, or the Behavioral Health Provider thinks you would benefit from specialty mental health, the Behavioral Health Provider will talk with you about specialty mental health services.

## Are all appointments individual?

The Behavioral Health Provider also has group classes. Periodically, most sites offer classes on topics such as **Wellness** and **Stress Management**. You can get information on these groups from staff in the primary care clinic. Telephone and video appointments are also available.

## How do I schedule a Behavioral Health appointment in Primary Care?

Discuss your concerns with your PCP. Your PCP can contact a Behavioral Health Provider. The Behavioral Health Provider may meet with you on the same day as your appointment with the PCP. If that is not possible then you can make an appointment at another time.

## National Suicide Prevention Hotline:

Call 1-800-273- (TALK) 8255

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Pamphlet developed by:



# BEHAVIORAL HEALTH IN PRIMARY CARE



## **What is Behavioral Health?**

Behavioral Health Providers help with habits, behaviors, stress, or emotional concerns that get in the way of daily life and/or overall health.

The Behavioral Health Provider works with you and your Primary Care Provider (PCP) on the physical, behavioral, and emotional parts of your concerns and helps you come up with a plan that works best for you.

## **What can we help with?**

- Depression
- Anxiety or Worries
- Post-traumatic stress (PTSD)
- Substance use
- Family/Relationship problems
- Stress
- Grief
- Anger

The Behavioral Health Provider can also help you create a plan for quitting smoking, weight loss, exercising, or other changes.

Also, we can help you decrease symptoms associated with medical problems such as:

- Pain
- Sleep
- Headaches
- Obesity
- Diabetes
- High Blood Pressure
- Asthma
- Irritable Bowel Syndrome

## **Who can receive these services?**

Veterans getting primary care at any of the VA sites in VISN 2 can use these services.

## **What should I expect when I see a Behavioral Health Provider?**

In general, individual appointments will be 30 minutes.

You will be asked questions about physical symptoms, emotional concerns, behaviors, and how these might be related to one another. The Behavioral Health Provider will complete a solution-focused evaluation and treatment plan.

You and your PCP remain in charge of your health care. The Behavioral Health Provider works with you and your PCP to help develop and put into action the best plan for you.