



BEHAVIORAL HEALTH CONSULTATION SERVICE

WHAT is the Behavioral Health Consultation Service?

It is a brief, short-term intervention with a behavioral health specialist to restore the patient to an improved level of functioning. It is available to all patients of PrimeCare as part of providing comprehensive health care.

WHO is the Behavioral Health Specialist?

The Behavioral Health Specialist is part of the PrimeCare integrated health team. PrimeCare's behavioral health specialists are licensed clinical psychologists, licensed clinical professional counselors and degreed students.

WHAT happens during the Behavioral Health Consultation?

The Behavioral Health Specialist will speak to you about your needs ranging from behavioral difficulties, to mood, anxiety, and adjustment disorders, and even more complex issues such as trauma or serious mental illness. In addition, we address family issues, stress management, and behavioral aspects of diseases such as diabetes.

HOW is this different from Therapy?

We are providing a service to help you deal with everyday problems that affect your health. If you think you need therapy, the Behavioral Health Specialist can help you make that decision and schedule your first appointment.