

maintain your

# whole-body health



## Take charge of your mental well-being

*Make your behavioral health a priority with our extensive array of services and resources. Explore the tools and support essential for you to flourish and maintain a balanced lifestyle.*

### OUR SERVICES



#### Counseling and Therapy

Our Behavioral Health team offers confidential counseling and therapy tailored to your needs.



#### Mental Health Consultant

Gain access to essential information and resources by participating in our mental health consultant programs.



#### Referral Services

If additional specialized care is needed, your PCP can refer you to trusted mental health professionals.

### HOW DOES COLLABORATIVE CARE WORK?

Primary care and behavioral health providers work together to address physical, mental, and emotional well-being. This improves patient outcomes and care coordination all in one comfortable and convenient setting, your medical clinic!

*Talk to your primary care provider  
for a referral*

