

Mental Health Integration

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Mental health can have an effect on physical health — and physical health can have an effect on mental health too!

Mental health integration uses a team approach to care for your mental and physical health.

Almost everyone can benefit from mental health services at some point in their life. Work problems, family issues, illnesses and relationship problems can cause stress and affect your ability to cope.

Your Health Care Team

Your primary care provider is the team leader. They will explain your care plan and manage the plan with the help of the team.

Your health care team may include a:

- certified medical assistant (CMA)
- mental health registered nurse (RN)
- mental health consultant/licensed independent clinical social worker (LICSW)
- therapist (licensed psychologist or LICSW)
- psychiatrist or psychiatric advanced practice registered nurse (APRN).

You and any family you wish to include are the most important team members. You will take an active role in your care by working with your primary care provider to design the best care plan for you.

Getting better will take effort but your health care team is here to help! They will do everything possible to support you and your well-being.

Your Care Plan

Your care plan will depend on your health care needs.

Your care plan may include:

- **an assessment with a mental health consultant:**
You may have a visit with a mental health consultant. They will do an assessment and help plan your follow-up care. The plan will make sure you are getting the care you need, at the right place, with the right health care provider, at the right time. Mental health consultants do not prescribe medicine.
- **therapy:**
Psychologists use talk therapy to help you and your family work through mental health challenges and emotions. They do not prescribe medicine.
- **psychiatry services:**
 - **eConsult:**
Your primary care provider may consult with a psychiatrist to help with your care through electronic messaging.

— **short-term care:**

You will have 1 to 3 visits with a psychiatrist, who will work with your primary care provider to create your care plan. Then you will resume seeing your primary care provider for care.

— **complex care:**

You will have more than 3 visits with a psychiatrist to address your care needs. Then you may resume seeing your primary care provider for care if or when your psychiatrist feels you are ready to do so.

Whom to Call With Questions

Call your primary care provider if you have questions about integrated mental health care or your care plan.