

# Primary Care Behavioral Health

At GHC-SCW, we believe in caring for your mind, body and spirit. Our Primary Care Providers (PCPs) and Behavioral Health Consultants work together on your care team to support your overall physical and emotional health and well-being.



## What is Primary Care Behavioral Health (PCBH)?

A Behavioral Health Consultant offers easy-to-access appointments in your GHC-SCW primary care clinic, often during or immediately after your primary care visit.

Working with PCBH means making a plan that is right for you. Once you've identified your needs, the Behavioral Health Consultant and your PCP will work with you as a team to help you get those needs met and to accomplish your goals.



## What to expect during a behavioral health appointment

Appointments are usually 20-30 minutes and members are often seen one to five times. The Behavioral Health Consultant will work from a solution-focused treatment model. Together, you and the Behavioral Health Consultant will discuss a plan that fits your needs.

### Common PCBH topics include:

#### Behavioral Health

- Depression and anxiety
- Response to stress
- Attention and concentration concerns
- Substance use issues
- Relationship concerns
- Grief
- Parenting challenges

#### Health and Wellness

- Tobacco use
- Healthy eating
- Exercise
- Sleep concerns
- Stress

#### Chronic Conditions

- Persistent pain
- Diabetes
- High body mass index (BMI) and obesity
- Medication compliance



**What about cost?** Depending on your health plan, there may be a copay, coinsurance or fee for your visit. You can call Member Services directly at (608) 828-4853 to discuss your benefit plan. PCBH is available to all GHC-SCW members receiving care at the following GHC-SCW clinics: **Sauk Trails Clinic, Capitol Clinic, East Clinic, and Hatchery Hill Clinic**. Members being seen at Madison College Clinic or Deforest Clinic may make a PCBH appointment at any of the four bolded clinics listed above.



**Schedule an appointment!** Discuss your behavioral health concerns with your PCP at your next visit. Your PCP can often facilitate same-day appointments. Once you've talked with your PCP, call your clinic and ask to schedule a consultation with PCBH. Let them know you are requesting a behavioral health appointment.