



# Integrated Behavioral Health Support

**Helping you live your fullest life – from the inside and out**

Union Community Care's Behavioral Health Consultants (BHCs) work alongside your Primary Care Provider (PCP) or Dental Provider to support your whole health. Whether you're managing stress, anxiety, challenges, or habits that impact your well-being, a whole Care Team is here for you.

## What is a Behavioral Health Consultant (BHC)?

BHCs are trained professionals who help you navigate how thoughts, feelings, and behaviors impact your health and well-being. They work closely with your Provider to help you with health-related challenges or goals, including your mental and physical health. BHCs can help you do more of the things that are important to you, even when you don't feel well.

## How Behavioral Health Support Works

- Seamless and convenient: Your provider may recommend seeing a BHC, or you can ask to include one in your care.
- Same-day support: Whenever possible, BHC visits are scheduled before or after your medical or dental appointment, so you don't have to come back on a different day.
- Brief & impactful: Appointments typically last 15-30 minutes, with follow-ups available, if needed. Our BHCs love to find small ways to help even when you only have a few minutes to spare.

## What Can a BHC Help With?

- Stress, anxiety, and depression
- Panic and chest pain
- Trauma, abuse, and domestic violence
- Grief and loss
- Sleep and fatigue
- Motivation and focus
- Managing chronic conditions
- Quitting smoking or substance use
- Family, relationship, and parenting challenges such as behavioral issues at home and school
- Weight, nutrition, and exercise goals
- Brief interventions and short-term counseling/therapy

## Let's Talk

Ask your provider or call **717-299-6371** to connect with a Behavioral Health Consultant today.



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