



should I seek **care?**

How are you feeling?

- Tired all the time, or nervous and jumpy
- Loss of interest in things you used to enjoy
- Feeling weak and gloomy
- Feeling sad and crying a lot
- Hard to concentrate or finishing a task
- Easily angered, frustrated and troubled

How are you caring for yourself?

- Hard to take care of your own hygiene
- Not preparing meals
- Not wearing clean clothes or changing clothes
- Not taking medications or not taking medications as ordered
- Not keeping appointments as scheduled
- Using alcohol or illegal drugs and can't stop

**Call the Behavioral Health Services
directly at 1.877.221.9295.**

Recovery can, will, and DOES happen.

How are you eating?

- Not eating enough, not feeling like eating, weight loss
- Eating too much
- Stomach upset all the time

How are you sleeping?

- Hard time falling asleep.
- Waking up often during the night
- Tired even after a full night's rest
- Unable to sleep because you have too many thoughts going through your mind
- Depend on medications to go to sleep
- Afraid to go to sleep due to nightmares

Talk with your healthcare provider

Keep track of your symptoms. Do they get in the way of your life? Do they get in the way of the lives of those around you? If this is happening, talk with your primary care physician about them or ask to be seen by a specialist.

It's possible that you've gotten used to these changes and may not realize your quality of life could be better.

Frequently asked questions

If I do need help, where can I go?

Call The Health Plan's Behavioral Health Unit toll-free at 1.877.221.9295 for help to find a provider in your area. You may also contact your doctor. Your doctor can help you decide on a provider who is best for you.

Does counseling and medication always work?

It depends. It's important to share your problems and concerns with your counselor and/or doctor. Be open and honest about how you are feeling. Take your medication as the doctor has told you to do. The medicine will only work if you take it in the way that the doctor has directed. Tell the truth to your provider about how you feel.

Then, you can expect to get the best advice and support.

I don't like the counselor I am seeing. What should I do?

It is very important that you find a counselor who makes you feel comfortable. This will help you to build a good relationship. If you're not comfortable with your counselor, you can call The Health Plan's Behavioral Health Unit for a list of other providers in your area. It is ok to ask for a different counselor.

Is everything I say kept confidential?

Mental health professionals must follow laws that stress just how important it is to keep private information confidential. Some agencies go above and beyond what the law says. Feel free to ask your counselor/doctor how they keep your information private.

you have **choices**

Counseling

See a professional counselor without taking medications.

Getting help from a counselor can help you pick out goals and possible solutions to problems that are causing you emotional problems. You can learn to improve your coping skills. You can learn to strengthen self-esteem. Counseling can promote behavior change and improve your quality of life.

Who are professional counselors?

Professional counselors are licensed by the state to provide mental health and/or substance abuse care to those in need. They obey laws and a code of ethics which protects confidentiality and keeps the counselor-client relationship professional.

Psychiatry

Psychiatrists are medical doctors who specialize in behavioral medicine.

Before deciding to take medication, there are certain things to consider. These things include your personal feelings, how bad your symptoms make you feel and your medical history.

Combination of Counseling and Psychiatry

A combination of treatments is sometimes better than one alone. Medications can help regulate the brain chemicals, while counseling addresses needed changes in behavior.

