

Your Role in Behavioral Health and Wellness

What is Behavioral Health?

Behavioral Health refers to treatment and recovery from mental illness and substance use disorder. Depression, drug and alcohol abuse, and Attention Deficit Hyperactivity Disorder (ADHD) are types of behavioral health problems. Many behavioral health problems are similar to medical problems, like diabetes or heart disease, and can be treated.

Why is Behavioral Health and Wellness Important?

Behavioral health shapes how we feel, think and act. Mental health problems can lead to poor health, self-injury or even suicide. Studies show that people with depression have an increased risk of stroke and are more at risk for a second heart attack.

Mental health problems can happen to anyone and may require help from an expert. Left alone, problems can get worse.

Warning Signs of a Possible Problem

- Sudden changes in behavior
- Missing too much work or school
- Changes in appetite
- Changes in sleep pattern
- Trouble focusing
- Increase in isolation
- Increase in anger and changes in mood



Who can Provide Mental Health Services?

Medical Doctor: Can treat or refer you to an expert.

Psychiatrist: Medical doctor who can prescribe medicine and specializes in the treatment of mental health concerns.

Therapist: Can provide psychotherapy and/or mental health testing but cannot prescribe medicine. Some types of therapist are Psychologists, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) and Licensed Marriage and Family Therapists (LMFT).

Nurse Practitioner: Can be experts in mental health concerns and can prescribe medicine in most states.

What to Expect at Your First Visit

Your healthcare expert will want to get to know you and what problems you want to work on. They may ask about your family history and want to help in finding your strengths and skills.

Providers are bound by strict rules to keep what you tell them private. What you tell your healthcare expert helps them create the right treatment plan for you.

Your treatment plan is made by you and your healthcare expert and may include:

- Medicine
- Therapy
- Setting goals
- Services to meet your needs

Ways to Improve Your Health and Wellness

- Talk to friends and family
- Get moving! Workouts are great for your health
- Get involved! You can volunteer, pick up a fun hobby, or join a group
- Avoid drugs and alcohol
- Plan to deal with stress before it happens

Feeling Better

The key person in treatment is YOU. You and your healthcare expert should make a treatment plan that is based on your goals for your health.

Help your healthcare expert by:

- Talking openly and being honest about your feelings and progress
- Writing down how medicines are making you feel
- Being active and involved in making choices about your treatment

If you're ever unhappy with your treatment plan or your healthcare expert, call us. We want to know if you aren't seeing results. We can help you find a new healthcare expert.

For a copy of this letter in another language, call Member Services at 1-866-769-3085 (TTY 1-855-742-0123). Para una copia de correspondencia en Española llame a servicio al miembro a 1-866-769-3085 (TTY 1-855-742-0123).

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