

About Behavioral Health Care at Reliant



WELCOME! We're glad you're here. You have decided to talk with a Reliant behavioral health (BH) provider to help with something that's bothering you. This is an important first step toward feeling better. Reliant offers our patients a service called "integrated behavioral health primary care." [Read on to learn more.](#)

1

What is integrated behavioral health primary care?

Integrated care means that primary care and behavioral health care providers work together for their patients. When care is integrated, you don't have to go to different offices or talk to different specialists to get help.

2

How does integrated care work at Reliant?

At Reliant, BH providers work together with you and your primary care team. They focus on helping you gain skills to manage your BH symptoms. This often only takes a few months, but sometimes it can last longer. If you need long-term BH treatment, your care team can connect you to a provider outside of Reliant. YOU are the most important part of this process. Your providers are the experts on treatment, but you are the expert on yourself!

3

What types of treatment and services might I get?

First, a BH provider will talk with you about your concern. Often you can start working on new skills during this first conversation. Then, you and your providers will make a plan for treatment. Treatment options might include one-on-one therapy, self-help tools like mobile apps, group therapy, or medication. All of this is managed through your PCP's office.

4

What's next for me?

If you have not already had a visit with a BH provider, please contact your PCP's office or the BH Department phone number listed below.

WHO CAN HELP ME IF I HAVE QUESTIONS?

- Reliant Behavioral Health Department: 1-508-856-0732
- Suicide Hotline: 1-800-273-8255
- Emergency Mobile Crisis Line: 1-877-382-1609

What should I know about costs?

Most behavioral health care services are covered by insurance. Because insurance coverage can vary greatly, please check with your insurance company about your specific plan and costs.



We're Here When You Need Us.