

What to Expect from Your First Behavioral Health Visit



It's time for your first behavioral health (BH) visit. You are taking a big step toward feeling better! This first appointment is often called a triage visit. Your visit may be either virtual (telehealth) or in person. [Read on to learn more about what to expect at this visit.](#)

1

What is the goal of the first appointment?

During this visit, your BH provider will talk with you to better understand your challenges. After this visit, your BH provider and PCP will work with you to come up with a treatment plan to help you achieve your goals.

2

What will happen?

Your provider will ask a series of questions about how you are feeling. You may have already answered some of these questions in an online questionnaire, or you may not have. Either way is okay. Your answers will guide us to better understand how best to help. It is important that you are open and honest with your provider. Your success in treatment depends on your participation.

3

What questions will I be asked?

You may be asked about your mood, physical health and activity, family history, and any medications you take. You may also be asked the following:

- When did you first notice these symptoms?
- Are there things that make your symptoms worse or better?
- What are your goals in treatment?
- What does “getting better” look like to you?

4

Why do I have to answer so many questions?

The answers to your questions help your provider set a baseline for your symptoms. This helps us know when you start to feel better. These questions also help your provider plan individualized treatment to meet your unique needs.



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.