

## Your treatment plan

A treatment plan is made by you and your provider and may include:

- Medication
- Personal or family therapy
- Goals and objectives you would like to meet
- Services tailored to your needs

### Ways to improve your behavioral health and wellness:

- Talk to friends, family, and peers.
- 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 recovery is YOU. You and your provider should make a treatment plan based on your goals for your health.

### Help your provider by:


- Talking about your feelings and progress. Tell them as much as you can.
- Writing down how the medication makes you feel.

This will help you both make better choices about your treatment.

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

## Call

For more information:

 (866) 796-0530

(TTY users should call toll-free at 711.)

**SunshineHealth.com**

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Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri kontakte sèvis kliyantèl nou an nan nimewo 1-866-796-0530, TDD 1-800-955-8770 soti lendi pou rive vandredi, depi 8è AM rive 8è PM. Sunshine Health respekte lwa federal sou dwa sivil e li pa diskrimine poutèt ras, koulè po, peyi natif natal, laj, enfimite, oubyen sèks.



# Your Role in Behavioral Health and Wellness



## What is behavioral healthcare?

This refers to treatment and recovery from mental illness and substance use. Depression, drug and alcohol abuse, and ADHD are types of behavioral health problems.

Many behavioral health problems are medical problems just like cancer or heart disease. They 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 people with depression are more at risk for stroke. They are also more at risk for a second heart attack.

Mental health problems can happen to anyone. They may need 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
- Not eating or eating too much
- Not sleeping or sleeping too much
- Trouble focusing
- Spending a lot of time alone
- Being angry with everything and everyone

## We're here to help

Our goal is to provide you with the support you need to make smart choices for your health and



wellness. Some ways we can help:

- Find providers in your area
- Make referrals
- Help you make appointments
- Help you find transportation

## Who can provide mental health services?

- Your Doctor — Can treat you or refer you to an expert.
- Psychiatrist — Medical doctors who can give medicine and specialize in treating mental health concerns
- Therapist — Trained in psychotherapy and mental health testing. They can't give medicine. Some types are Psychologists, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW),

and Licensed Marriage and Family Therapist (LMFT).

- Nurse Practitioner — Can be experts in behavioral health and can give medicine in most states.

## Your first appointment: What to expect

Your provider will want to get to know you. They will want to know about the problems you want to work on.

They may ask about your family history. They want to help you find strengths and skills that will help you recover.

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