



## Common Questions Regarding Mental Health Services

1. What is integrated behavioral health?

If you have behavioral or mental health concerns, talk to your provider today. He or she can help you connect with the social worker who is now located within their office. The social worker will work with the primary care providers to address any behavioral or mental health concerns the patient has. Additionally, the social worker may offer brief intervention and support for individuals with chronic conditions such as diabetes, heart disease, high blood pressure, etc. By integrating primary care and behavioral health care together, Harbor Beach Community Hospital is able to treat patients holistically, rather than just treating the issue at hand. To access these services, please call either the Harbor Beach Medical Clinic at (989)479-3291 or the Port Hope Medical Clinic at (989) 428-1000 and schedule your appointment as normal.

2. What is tele-psychiatry?

Tele-psychiatry services are now offered at the Harbor Beach Medical Clinic, Port Hope Medical Clinic, the Harbor Beach Specialty Clinic, and an outreach clinic at Professional Counseling Services in Bad Axe. Patients will be in a private room and connect with the provider through advanced technology. Services are confidential, and HIPPA compliant. Tele-psychiatry providers will offer brief intervention and medication management for children, adults, and geriatrics. Substance abuse treatment is also available on a limited basis via tele-psychiatry. Staff will always assist with set up and all technology needs throughout your patient visit. Referrals are not necessary for tele -psychiatry services, but it is recommended that you check with your insurance provider to see if this is a covered benefit. If you are a patient at the Harbor Beach Medical Clinic or Port Hope Medical Clinic, please call your preferred clinic to schedule. If you are not a clinic patient please call Central Scheduling at (989)479-5024 to schedule your appointment today.

3. What is outpatient therapy?

Outpatient therapy is available on a limited basis at the Harbor Beach Medical Clinic, Port Hope Medical Clinic, and Community Connections. Referrals are not necessary for outpatient therapy services, but it is recommended that you check with your insurance provider to see if this is a covered benefit. Please call (989)479-5024 to schedule your appointment today.

4. Will my insurance cover mental health services?

The Harbor Beach Community Hospital accepts Medicaid, Medicare, and various commercial insurances to help you meet your healthcare needs. Visit [www.hbch.org](http://www.hbch.org) and click on the "Patients" tab, then select "Patient Info" for the full list of insurance plans that Harbor Beach Community Hospital accepts. We advise that you check with your insurance provider to see if outpatient therapy and /or tele-psychiatry services are covered, and/or if a referral is needed for you to seek services.

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