

PCP Mental Health

Being healthy isn't just about how your body feels. Sometimes you need to focus on the health of your mind. And your healthcare provider can help!

You may not think of talking with your healthcare provider about your mental health. But when something is bothering you, and you don't know where to turn, a trusted provider can help.

For example, your healthcare provider can listen to your needs and help direct you to the right kind of care. They will help you get on the road to a healthier, and better, you.

This video will help you figure out the best course of action. It will also answer some of the questions you might have about getting help for your mental health.

You don't need to feel nervous when talking to your provider, even when it comes to your mental health.

In fact, if you don't take care of your mind, it can affect how your body feels.

Your provider is there to help you. They will not judge you. They can answer your questions. And they can help you find a mental health provider who can help you.

Anyone can have trouble with their mental health. It affects people of any age, any gender, any race, any ZIP code. Nearly 1 in 5 adults in the U.S. live with a mental health condition.

Having a mental health problem can affect your whole life. Know that you are not alone.

Your healthcare provider can help you get the care you need.

Mental health conditions can range from mild to severe.

Talk to your provider if you have any mental health questions or concerns.

Talk with your provider if you have thoughts that seem to be taking over your daily life.

Talk with them if you note a difference in how you think and feel most days.

You may need some help with your mental health if you have: irritability and moodiness; trouble sleeping; trouble focusing; worry that won't go away; tiredness and loss of energy; loss of interest in favorite activities, and frequent stomach aches or headaches.

Your provider can help you figure out next steps.

They may refer you to a mental health provider who is right for you.

Finding an expert gives you the care you need.

And it keeps you from having to use the ER if things get worse.

If you or someone you care about is thinking about suicide, seek help right away. Call 911.

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Or you can reach out to the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) or by calling 988.

This resource is open 24 hours a day, 7 days a week. It offers help in a crisis, as well as information on nearby support. It is free and private.

Talking to your healthcare provider is a great first step if you have mental health concerns.

You can also reach out to your health plan to find support near you. Your plan can help you better understand your healthcare benefits.

Your healthcare provider can help guide you on your healthcare journey. And that will help make your life better.