



Aspire Indiana Health

ASL INTERPRETING SERVICES AVAILABLE



BEHAVIORAL HEALTH CONSULTANT

ARE YOU...

- Experiencing stress?
- Starting to think about quitting smoking?
- Having a hard time managing a healthy diet?
- Concerned about sugar intake?
- Going through a hard time?
- Feeling hopeless or thinking about suicide?
- Feeling like you're not sleeping enough? Or too much?
- Struggling with other behaviors that may be interfering with your health?

A BEHAVIORAL HEALTH CONSULTANT (BHC) CAN HELP!

WHO IS THE BHC?

The BHC is a licensed mental health provider who is part of your medical team. They can help you address your health and wellness goals. If your provider feels you need additional support, they may refer you to a BHC following their appointment.

Your visit with a BHC will typically last 20-25 minutes.

During your visit, the BHC will:

- Explore behaviors you and your provider would like to improve.
- Gather information that may be contributing to these behaviors.
- Assist you in creating clear and specific behavior goals.
- Provide education on mental health diagnosis if applicable.
- Schedule a follow up appointment if needed.

WHAT IF I NEED MORE THAN WHAT THE BHC CAN PROVIDE?:

If you also have an emotional or mental health need, the BHC can either:

- Refer you to a Licensed Integrated Therapist for brief therapy, approximately 5-10 sessions.
- Connect you with our Same Day Access team to complete an intake and get scheduled for ongoing therapy.