

BEHAVIORAL HEALTH CONSULTANTS (BHC)



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 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.



If you have a behavioral health or substance use need requiring ongoing services, the BHC can connect you with our Same Day Access (SDA) team to complete an intake for treatment that meets your needs.

ASL INTERPRETING SERVICES AVAILABLE.

For after hours non-urgent medical concerns call:

(866) 581-8970

Appointments:

(877) 574-1254

24/7 Crisis:

(800) 560-4038

IF IT IS A MEDICAL EMERGENCY PLEASE CALL 911.

Aspire Indiana Health accepts Medicaid, Medicare and most commercial insurance. We also offer a sliding fee scale for clients who are uninsured and have health navigators to assist people in obtaining coverage.



Revised February 2026. iStock photo posed by model.