

How Does Your Behavioral Health Program Work?



The Behavioral Health Program at Goodwin Community Health is integrated with our primary care department. This means that your primary care provider works closely with your behavioral health provider to offer coordinated care of mind and body.

Your mental health is an important part of your overall health. Just as you monitor your cholesterol, weight, and blood sugar, regular “mental health check-ups” are also important. We know that medical and mental health conditions often go hand in hand, and each can affect the other. We believe that having both primary care and behavioral health providers working together under one roof helps patients achieve mental/physical health and wellness goals.

www.GoodwinCH.org
(603) 749-2346
Find Us on Facebook!

Behavioral Health Services at Goodwin Community Health



(603) 749-2346
311 Route 108
Somersworth, NH 03878

 **Goodwin**
Community Health
www.GoodwinCH.org

Behavioral Health Services

At Goodwin Community Health, we believe that mental health is closely linked with physical health. Our integrated onsite services provide quality health care to the “whole person” which helps restore balance and wellbeing. Patients of the primary care department have access to a variety of health services, some of which include: meeting with a nutritionist, social support services and behavioral health counseling.

The multi-disciplinary behavioral health providers at Goodwin Community Health have years of experience in a variety of mental health areas. Behavioral health services are available to adolescents, adults & families.

Behavioral health providers can provide counseling for:

- ◆ Lifestyle changes such as diet or exercise
- ◆ Adjusting to medical problems
- ◆ Life transitions
- ◆ Anxiety management
- ◆ Depression management
- ◆ Alcohol and/or drug problems
- ◆ Stress reduction
- ◆ Self management of chronic illness

FAQ's

Who can receive the Behavioral Health Services at Goodwin? Primary care patients of Goodwin Community Health.

Why do I have to be a primary care patient at Goodwin to be seen by a behavioral health provider?

The behavioral health department is integrated with primary care to provide quality and coordinated care for physical and mental health. Both primary care and behavioral health providers communicate together to monitor your overall health and wellness.

How can I become a primary care patient at Goodwin?

Please visit GoodwinCH.org/patient-forms-and-information and complete the new patient paperwork for primary care. Call (603) 749-2346 to make your first appointment.

What is the cost? Behavioral Health visits are covered by insurance and a sliding scale fee is available to patients without insurance.



EMPOWERING WHOLE HEALTH

WHOLE HEALTH
ACTION
MANAGEMENT
PEER SUPPORT
GROUP

A major philosophy of the behavioral health program is that patients do best when they are empowered to take charge. This includes learning ways to manage your symptoms through diet, education, exercise and building social supports. We also believe in connecting with others who share a similar health focus and can help make lasting meaningful changes in your life. We are dedicated to helping you by providing the tools and connections to achieve whole health!

Check out the Empowering Whole Health peer support groups for patients with chronic health conditions, which can include mental health!

www.goodwinch.org/community/empowering-whole-health/

CONTACT US: (603) 749-2346

Monday, Wednesday & Friday
8:00-5:00

Tuesday and Thursday 8:00-7:00
Saturday 8:00-12:00