



Behavioral Health & Wellness Services

YOUR MIND IS AS IMPORTANT AS YOUR BODY

Stress, depression and anxiety can happen to anyone. They affect people in different ways. If your mood has changed or you are having trouble relating to friends and family, we are here to help.

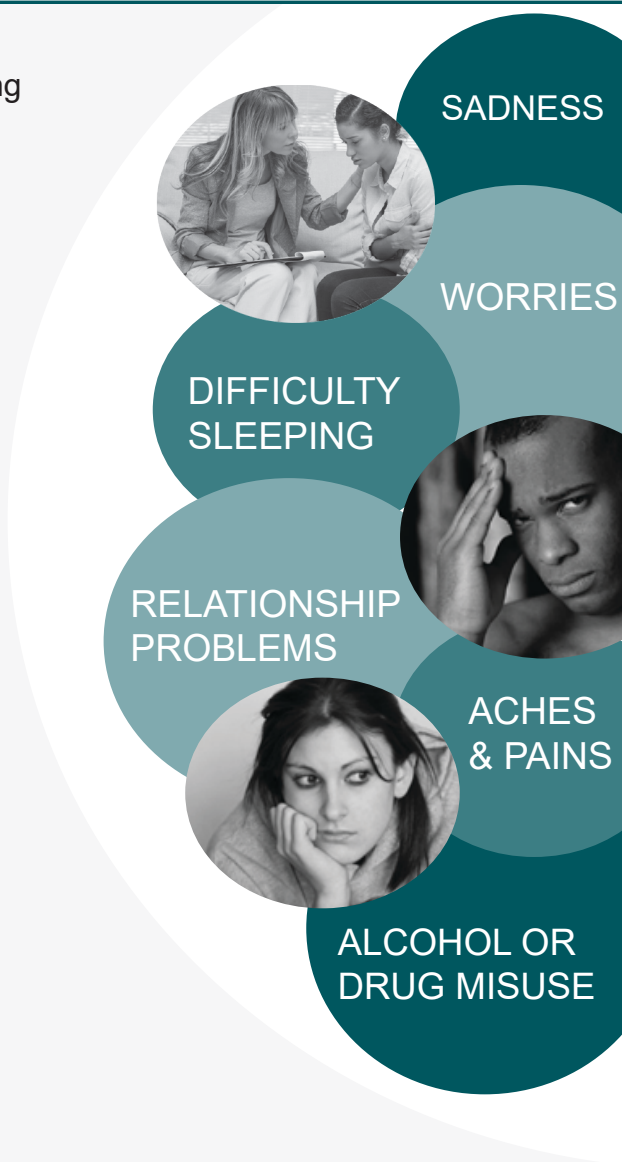
Do you feel:

- | | |
|---|--------------------------|
| • Down, depressed, or hopeless? | <input type="checkbox"/> |
| • Nervous, anxious, or on edge? | <input type="checkbox"/> |
| • Unable to stop worrying? | <input type="checkbox"/> |
| • Little interest or pleasure in activities? | <input type="checkbox"/> |
| • Men, are you drinking more than 14 alcoholic drinks in one week? | <input type="checkbox"/> |
| • Women, are you drinking more than 7 alcoholic drinks in one week? | <input type="checkbox"/> |

If you answered yes to any of these questions, please tell your primary care provider. You can also contact the care manager at your clinic.

Care manager contact information:

- Holy Cross, Aspen Hill: (301) 557-1992
- Holy Cross, Gaithersburg: (301) 557-1809
- Holy Cross, Germantown: (301) 557-1992
- Holy Cross, Silver Spring: (301) 557-1882
- Kaseman Clinic: (301) 917-6815
- Mercy Health Clinic: (240) 773-0362
- Muslim Community Center Clinic: (301) 384-2166 x1013
- Proyecto Salud Clinic: (301) 832-2480/ (301) 830-1164



The care manager is an important member of your care team. S/he works closely with you and your doctors, and may also provide therapy.

The psychiatrist helps your care manager and medical provider decide what treatment to offer.

SERVICES

- Medication for depression or anxiety
- Counseling and therapy
- Connections to outside organizations

The medical provider may refer you to a care manager if you seem to have a lot of stress in your life. S/he may also prescribe medication.

The community resource coordinator helps you find services you need.