

# BE HEALTHY

*Tips from HPSM's Health Education Unit*



Taking Action for your

# MENTAL HEALTH

Your mind and body are connected.

Make sure you take time to recharge and seek care.

A more positive mindset can help you  
feel better and be at your best.


Information from Health Plan of San Mateo (HPSM)




## THE VALUE OF MENTAL HEALTH CARE

Mental health is an important part of overall health. It is important in all stages of life, from childhood through adulthood. Seeking care for your mental health is just as important as visiting your primary care provider (PCP) when you're sick or when something hurts.


**It's a good time to ask for mental health care** when you notice any changes in your mood that affect your:



Ability to  
take care  
of yourself



Ability to  
participate in  
daily activities




Relationships at  
home, school,  
or work


## SELF-CARE TIPS

Taking care of yourself is vital! Self-care can help you manage stress and feel better. Plus, self-care doesn't have to be a chore. Choose healthy activities you enjoy, and you will look forward to doing them!


Try these self-care tips:



Find ways to control stress. Do hobbies you enjoy or try something new.



Keep in touch with people you trust regularly. Call, text, or visit your friends and family.



Take care of your body. Get enough sleep and exercise daily. Eat healthy food. Stay away from alcohol, tobacco, and other drugs.

## HOW TO GET MENTAL HEALTH SERVICES

Getting mental health care is not a sign of failure or weakness. Seeking professional care can help improve your quality of life.

**Call your primary care provider (PCP) to check-in.** Your PCP supports your overall health. This includes your mental health. When you visit your PCP:

- Talk about how you are feeling (what's on your mind) and if your feelings/thoughts are affecting your ability to do activities at home, work and/or school.
- Your PCP may give you tips on improving your mental health and/or prescribe you medications. They may also refer you to other providers that can help you with mental health or substance use.

### **Call the Behavioral Health and Recovery Services (BHRS)**

**ACCESS Call Center at 1-880-686-0101** to be linked to a mental health assessment. They will do a brief screening with you. Based on the screening results and if you are interested in services, they may connect you with a mental health provider within your benefit. For:

- ***Mild to moderate mental health issues***, you will be connected with a mental health provider through HPSM. This is known as the non-specialty mental health provider network.
- ***More serious mental health issues***, you will be connected with a mental health provider through BHRS. This is also known as specialty mental health provider network.
- ***Alcohol and/or substance use treatment needs***, you will be connected with a provider through BHRS's Substance Use Treatment Network.

## MENTAL HEALTH SERVICES

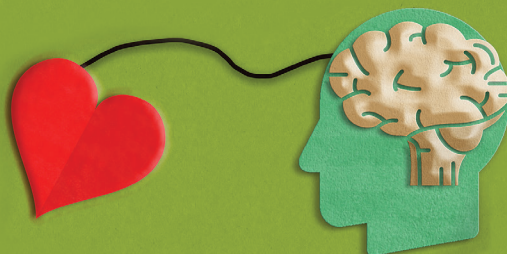
Your HPSM benefits cover the following mental health services at no cost. You do not need a referral from your PCP to connect with a mental health provider. HPSM covers mental health services such as:

**Psychotherapy (talk therapy)** helps people understand their feelings and behaviors and learn coping skills. Talk therapy is a service most often provided by:

- Licensed marriage and family therapists (LMFT)
- Associate marriage and family therapist (AMFT) with licensed supervision
- Licensed clinical social workers (LCSW)
- Associate social worker (ASW) with licensed supervision

**Medication therapy** helps treat symptoms of mental illness with medication. Medication often works best with talk therapy. Medications are most commonly prescribed by PCPs, psychiatric nurse practitioners or psychiatrists to treat mental health symptoms.

Talk with your PCP about your symptoms or call the BHRS ACCESS Call Center at **1-880-686-0101** to see what type of covered mental health service is right for you within your benefit.



## PREPARING TO VISIT YOUR THERAPIST

Mental health visits may be provided in person or by telemedicine (phone or video). Telemedicine may be helpful as it can take less time away from your day and **can take place in a location you are comfortable at.**

Make sure you give yourself time to shift back into the rest of your day after your session, in case it brings up feelings.

Before seeing a mental health therapist, learn more about how to prepare yourself for your visit and what to expect during your visits.

Tips to help you get ready for your visit:

### **Before your visit**

- Decide the type of visit you prefer.
- For telemedicine visits, choose a safe, private place to have your sessions. Also make sure that connections (phone/WIFI) are working.

### **During your visit, be ready to**

- Talk about privacy, safety, and confidentiality.
- Feel emotional or vulnerable, which can be normal. Share your thoughts and feelings with your therapist. Helping people through thoughts and emotions is what mental health therapists do.
- Answer questions about your mental and physical health, what your childhood was like, relationships with family or friends, or living situation.
- Try coping methods like breathing exercises or positive self-talk. Each session may be different based on your needs.
- Talk to your therapist about your progress. They may recommend additional services or changes to your care plan.



## AFTER VISITING YOUR THERAPIST

Some people will see benefits after getting care for a few weeks or months, and some people need this care for longer.

Use these tips to get the best of your mental health care after or in between your visits:

- Schedule, set reminders and go to any needed follow-up sessions.
- Follow the guidance from your mental health therapist.
- If you are thinking of stopping your medications, or have questions, talk with your PCP and/or mental health therapist before doing so. Depending on the medication, it is advised not to stop suddenly. Your provider may need to wean you off to avoid side effects.
- If you are not sure your mental health therapist is the right fit, talk to them about your concerns. Your feedback can help your therapist know what is helpful to you and what is not during your sessions.
- If you have questions about your care plan, talk to your therapist.



## RESOURCES

To learn more about managing stress, visit:

 [www.hpsm.org/mental-health/stress-management](http://www.hpsm.org/mental-health/stress-management)

Self care, visit:

 [www.hpsm.org/get-mental-health-care](http://www.hpsm.org/get-mental-health-care)



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### Mental Health

Mental health is a vital part of our overall health. It includes emotional and social well-being. It is important in all stages of life, from childhood through adulthood.

Mental health plays a big part in how we handle stress, get along with others and make everyday choices. It affects both how we think and what we do.

Mental health is just as vital as physical health. When you feel physically unwell, you see a doctor – an expert in physical health. It works the same when you feel mentally or emotionally unwell. You see a therapist – an expert in mental health. Your HPSM benefits and County Mental Health Plan cover different types of mental health care. Check your member handbook or call HPSM at the numbers below to learn more about your benefit.

#### CareAdvantage members

Call 1-866-880-0606 or 650-616-2174 Monday–Sunday 8:00 a.m. to 8:00 p.m.

TTY: 1-800-735-2929 or dial 7-1-1

#### Medi-Cal members

Call 1-800-750-4776 or 650-616-2133 Monday–Friday 8:00 a.m. to 6:00 p.m.

TTY: 1-800-735-2929 or dial 7-1-1

If you are ready to be connected to mental health care, please talk to your primary care provider (PCP) or call the Behavioral Health and Recovery Services (BHRS) ACCESS Call Center at 1-800-686-0101.

Find out how to get mental health care, learn about common mental health issues and find self-help resources

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