LOCATIONS

ALLEN COMMUNITY HEALTH CENTER

1601 E Kalamazoo Street, Lansing, MI 48912 (517) 679-2880

BIRCH COMMUNITY HEALTH CENTER

812 E. Jolly Road, Ste. 112, Lansing, MI 48910 (517) 244-8030

CEDAR COMMUNITY HEALTH CENTER-PEDIATRICS

5303 S. Cedar Street (Bldg. 3), Lansing, MI 48911 (517) 887-4305

CEDAR COMMUNITY HEALTH CENTER-WOMEN'S HEALTH

5303 S. Cedar Street (Bldg. 3), Lansing, MI 48911 (517) 887-4320

EASTERN COMMUNITY HEALTH CENTER

626 Marshall Street, Lansing, MI 48912 (517) 244-8014

FOREST COMMUNITY HEALTH CENTER AND PHARMACY

2316 S. Cedar Street, Lansing, MI 48910

Medical: (517) 887-4302 Dental: (517) 887-4334 Pharmacy: (517) 318-3414

NEW HOPE COMMUNITY HEALTH CENTER

430 N. Larch Street, Lansing, MI 48912 (517) 887-4400

SEXTON COMMUNITY HEALTH CENTER

102 S. McPherson Avenue, Lansing, MI 48915 (517) 244-8041

WILLOW COMMUNITY HEALTH CENTER

1115 S. Pennsylvania Avenue, Lansing, MI 48912 (517) 702-3500

CHILD/ADOLESCENT MENTAL HEALTH CARE SITES

- · Everett High School
- · Gardner International Magnet School
- · Pattengill Biotechnical Magnet School

Ingham Community Health Centers are dedicated to providing affordable, high quality, and comprehensive primary care to all, regardless of their insurance status or ability to pay.



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Department of Health and Human
Services' Health Resources and Services

Administration and the Michigan
Department of Health and Human
Services.

CONTACT US

5303 S. Cedar Street Lansing, MI 48911

Ingham Community Health Centers

Behavioral Health Services





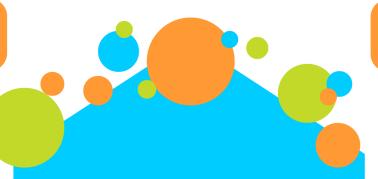


WHO IS A BHC AND WHAT DO THEY DO?

Behavioral health consultants (BHCs) are licensed mental health clinicians — often social workers — qualified to conduct brief behavioral interventions on a wide range of issues. Part of your primary care team at your local health center, BHCs work collaboratively with your primary care provider (PCP) to consider the physical, emotional, and behavioral aspects of health. They also offer recommendations to promote your well-being.

BHCs offer targeted support for issues in which a person's physical or mental well-being is being impacted by their behaviors and emotions.

They also specialize in the behavioral management of certain medical conditions (such as diabetes, asthma, or migraines) and can provide support and referrals for treating substance use disorders.



WHAT COULD A BHC HELP ME WITH?

BHCs can help you manage aspects of your physical, emotional, and behavioral health. Some examples may include:

- Physical Concerns: Sleep problems, migraines, chronic or acute health concerns like diabetes; sexual health concerns (STI diagnosis, unplanned pregnancy).
- Emotional Concerns: Stress, worry/anxiety, anger, depression, bereavement.
- Behavioral Concerns:
 Nicotine/tobacco cessation,
 healthy eating/exercise, alcohol
 or other drug use.

WHAT CAN I EXPECT AT MY APPOINTMENT?

BHCs will ask you about your symptoms, lifestyle choices, and emotional well-being. They can help you develop plans to change your behavior, such as getting more sleep, eating healthier, or exercising more. They can also teach you skills to manage stress, anxiety, depression, fatigue, anger, or relationship problems.

BHCs will provide you with brief, solution-focused recommendations. You may need to see them for follow-up appointments if needed. They will work with you and your primary care team to develop and implement an integrated health care plan.

Visits with a BHC are typically brief and few in number. If needed, a BHC can connect you with traditional mental health services or other resources.

HOW DO I MAKE AN APPOINTMENT?

Ask your primary care provider to see a BHC during your appointment

OR

Call the front desk at any of the Ingham Community Health Centers to schedule at your convenience.