

# Behavioral Health Services



**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.**



These programs are made possible, in part, with grant support from the U.S. 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**



## 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

\*Office hours and services may vary by location. Please call or visit our website for more information.

**HD.INGHAM.ORG/CHC**

## 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.