

PC-MHI

(Primary Care-Mental Health Integration)

Working with your PACT (Patient Aligned Care Team) to meet your mental health care needs in primary care

**Your PC-MHI team is available whenever
Chillicothe PACT teams have clinic.**

Evaluations
Behavioral therapy
Management of some psychiatric medications

Assist with concerns such as:

Stress management	Grief
Depression	Anger
Anxiety	Alcohol misuse
Trauma related symptoms	Smoking cessation
Relationship problems	Insomnia

Lifestyle changes and management of chronic conditions.

Chronic pain	Taking medicine as prescribed
Adhering to diet	Adjustment to CPAP/BiPAP
Exercising	Irritable bowel

*Veterans interested in PC-MHI should
contact their PACT team*