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

Lifestyle changes and management of chronic conditions.

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

Veterans interested in PC-MHI should contact their PACT team