

# Behavioral Health

Behavioral health is the term used when looking at a person's mental health, their lifestyle, substance use, patterns of behavior, relationships, and more. Behavioral health providers include mental health therapists, substance use counselors, and psychiatrists.

**If you are starting behavioral health treatment, you should ask these questions during your first few visits:**

## Questions For Your Provider

- How long have you been seeing patients?
- What type(s) of therapy do you focus on?
- What type of therapy do you suggest for me?
- Have you dealt with cases like mine?
- Can you help me achieve my goals?
- If other issues are identified, like a medical concern or substance use, how do you manage those?
- If medication is an option for me, will you refer me to a psychiatrist?
- How often should we meet?
- Do you offer virtual care visits?
- What does a typical session involve?
- How long will treatment take?
- Is everything I say/do in therapy confidential? Are there any exceptions?
- How will you and I assess my progress?
- Will you work with my other health care providers? (These may include your Primary Care Provider, case manager, or health care specialists.)



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## Questions About Substance Use Treatment

- What are my options for substance use treatment?
- What substance use treatment will be most effective for my recovery?
- Are there 12-step or peer support programs that can help support my recovery?
- What should I do if I relapse while in treatment?

## Questions About Cultural Sensitivity

- Do you have experience seeing patients with my identity or cultural background?
- Are you familiar with my culture’s views about behavioral health care?
- How do you include race, age, religion, gender identity, etc. in your treatment plan?

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