



# Mercy Collaborative Care



Most people will experience behavioral and mental health issues at some point in their lives. If you, or someone you know, could benefit from mental or behavioral health care, Mercy can help.

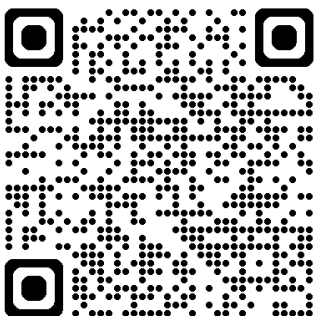
Collaborative care is available to patients with a Mercy provider and is covered by most insurance plans. The cost is often similar to primary care services.

**Your provider can connect you with specialists who treat anxiety, depression and other behavioral health conditions.**

Here's how it works:

- Your provider will let us know how to reach you.
- A member of the Collaborative Care team will call to schedule the first session with a personal clinician.
- You can choose whether to talk to your clinicians by phone or video session. Collaborative Care is flexible so you can get support when you need it most.
- Your Collaborative Care clinician, alongside your provider, is now a part of your care team.

Talk to your Primary Care Provider for a referral to Collaborative Care.



***If you need immediate assistance, call or text the National Suicide and Crisis Lifeline at 988.***