



Why Get Your Healthcare at an Integrated Care Clinic?

An Integrated Behavioral Health (IBH) clinic helps take care of your “whole health.” Instead of going to different places for medical care and mental health care, you can get both in one clinic. This makes getting help easier and less stressful.

At an IBH clinic, doctors, nurses, counselors, and other healthcare workers work together as one team. They talk with each other about your care and make a plan that is right for you. This helps everyone understand your health needs and gives you better care.

Many people have health problems that can affect both the body and the mind. For example, living with diabetes, heart disease, or long-lasting pain can make a person feel worried, sad, or stressed. In the same way, stress, anxiety, or depression can make it harder to take care of your physical health. When both your medical and mental health needs are treated together, you have a better chance of feeling healthier.

An IBH clinic can also help people who are having problems with alcohol or drugs. You do not have to go to another clinic to ask for help. Your healthcare team can listen without judging you and help you find the care and support you need.

Key Benefits of Getting Your Health Care at an IBH Clinic

- Getting care in one place saves time. You do not have to travel to many different offices or tell your story over and over again. Your care team already knows your health history and works together to help you.
- An IBH clinic can also help you stay healthier. When you get help early, small problems are less likely to become bigger ones. This can mean fewer trips to the emergency room and fewer stays in the hospital. It can also help you feel better faster.
- Many people worry about asking for help with their mental health. They may feel embarrassed or afraid of being judged. At an IBH clinic, mental health care is a normal part of healthcare. This helps people feel more comfortable talking about stress, sadness, anxiety, or other concerns.
- Your care team can also teach you healthy ways to manage stress and solve problems. They may help you learn how to sleep better, eat better, and adopt healthy lifestyles.
- When your doctors, nurses, and counselors work together, you receive better care that fits your needs. You can get answers to your questions, receive support when life is difficult, and build healthy habits that last.
- Working together, you and your healthcare team can help you stay healthier, feel better, and enjoy a better quality of life.