

### **Collaborative Care meets you where you are.**

The main benefit of an integrated model of care is that you don't have to seek out specialized care providers to address mental health needs. Collaborative Care brings these specialists to a location that is familiar to you and ensures that your physical and mental health needs are being treated at the same time.

### **Collaborative Care helps to reduce stigma about mental health treatment.**

Stigma, the feeling that you are less or that something is "wrong" with you, is a common feeling for people diagnosed with mental health conditions. In fact, most people with mental health conditions go untreated for at least 10 years before seeking support, in part due to stigma associated with a mental health diagnosis. Collaborative Care makes it clear that your mental health needs are real and deserve the same level of care and attention as any physical health needs.

### **Collaborative Care helps identify mental health issues before they become severe.**

Routinely assessing mental health needs and having a way to address those needs can help avoid more serious problems and improve outcomes. Just like your medical provider would take action if they noticed an abnormality on your EKG, Collaborative Care allows medical providers to take action for any mental health needs that may arise. Early and fast intervention gives you the best chance to address mental health needs before they have a major impact on your overall health and wellness.

### **Collaborative Care leads to better pre and post-surgery results.**

If you need to have surgery, research has shown that mental health care in coordination with physical care pre and post-surgery can reduce anxiety, decrease complications related to surgery and recovery, as well as lessen the need for postoperative pain medication. These improvements can lead to faster recovery times, allowing you to return to full health and daily functions quicker.