

# **BEHAVIOURAL HEALTH CONSULTANT (BHC)**

## **What does a BHC do?**

BHCs, or Behavioural Health Consultants, are part of our Mental Health and Wellness Program. They help you with your mental health and overall well-being by offering a short-term service with up to 6 appointments. They also work with your health team to help you feel better and reach your goals.

BHCs can help you with things that affect your health. They talk with you to understand how your thoughts, feelings, and actions can make your mind and body feel better or worse. A BHC can share ideas to help you build healthy habits, one small step at a time. They can support you with strong feelings like anger, worry, or sadness. BHCs can also help you set goals to manage your weight, sleep better, handle stress, and more.

## **What can I expect at an appointment?**

Appointments with a BHC are usually 30 minutes. They can happen:

- In person at the Edmonton West Primary Care Network Central Office
- By phone or secure video
- At your family doctor's clinic (if available)

At your appointment, the BHC may:

- Ask questions to understand how you're doing
- Talk with you about what matters most to you
- Help you make a plan using your strengths
- Set small, doable goals
- Teach you skills to support your health and well-being
- Connect you to other services if needed

## **How do I get an appointment?**

Someone from your health care team, like your doctor or nurse, needs to send a referral. After that, we'll contact you to book your visit.

These services are free and covered by Alberta Health Care.

Note: BHCs do not diagnose illnesses or give long-term therapy.