

When It's Hard to Ask for Help



It can be hard to ask for help. You may feel embarrassed or nervous about your behavioral health (BH) issue. You may think you should be able to “fix it” yourself. Stigma may play a role in this. Stigma can get in the way of people seeking care for their BH concerns. **But you are not alone. We are here to help. Read on to learn more about stigma.**

1

What is stigma?

“Stigma” means negative views or ideas about people with certain traits. Sometimes there is stigma against people with BH conditions. Stigma can come from other people, but you can also feel stigma toward yourself. Self-stigma can make you feel bad and ashamed about having a BH issue.

2

Why is stigma so bad?

Stigma is a major barrier to treatment for BH conditions. Many people don't get help because of shame and fear of judgement. But untreated BH issues can cause physical illness and worsen the BH problem. Mental health and physical health are closely tied to each other. Nobody should have to be alone and suffer in silence when help is available.

3

How does Reliant help fight stigma?

At Reliant, behavioral health care *is* health care. That's why we have BH providers working right in our primary care practices. Your BH needs are as legitimate and important as your physical health needs. You should feel free to talk to your PCP about any BH symptoms as easily as you talk about physical symptoms. They are equal parts of your health and well-being. You can rest assured that when you seek BH help at Reliant, you will be treated with dignity and respect.

WHO CAN HELP ME IF I HAVE QUESTIONS?

- Reliant Behavioral Health Department:
1-508-856-0732
- Suicide Hotline: 1-800-273-8255
- Emergency Mobile Crisis Line: 1-877-382-1609

What should I know about costs?

Most behavioral health care services are covered by insurance. Because insurance coverage can vary greatly, please check with your insurance company about your specific plan and costs.



We're Here When You Need Us.