

**Behavioral Health Consultant (BHC) will collaborate with you on your journey in 15 to 20-minute sessions for:**

* **Dental Anxiety Support**
* **Mood Management (Stress, Anxiety, Anger)**
* **Chronic Pain**
* **Sleep Support**
* **Depression**
* **Substance Use/Addiction**
* **Suicide Risk Assessment**
* **Health Management**
* **Relationship Counseling (Family, Partner, Friend)**
* **Grief Counseling**
* **Problem-Solving Skills**
* **Healthy Living Skills**
* **Social Services Referral**
* **Mental Health Referral**
* **Smoking Cessation**
* **Overall wellness**



|  |
| --- |
| **Consider items to bring to your dental appointment:**1. Something that comforts you. Perhaps something you can hold, feel, or smell (stuffed animal, lotion)
2. Ear plugs or ear buds to listen to music or audio book on your phone
 |
| **Questions to ask:**1. What is the procedure?
2. How will it improve my life?
3. What shall I expect? (length of time, discomfort, how will I notify you that I need a break?)
 |
|  |
| **Possible supports/skills to consider during your dental procedure:**1. Progressive relaxation. Start from your feet and move up slowly, tensing the area and then relaxing.
2. Do body scan throughout procedure. When you notice some area tensing, breathe in and intentionally relax the area.
3. Affirm YOU ARE SAFE. YOU HAVE KIND, COMPETENT staff. I CAN and I AM DOING THIS.
4. Remind yourself IT WILL BE OVER SOON
5. Sometimes having gratitude for yourself can help. “I am having this work done, my health will improve, and I will feel better.”
6. Using your five senses (hear, see, smell, taste, touch) and listing five things you like about each one can help keep your mind thinking of pleasant things.
 |