

Northern Lakes Community Mental Health Authority's Integrated Health Clinic is a convenient place to get all your care in **one** place, with an integrated care team who knows you.

Whether you need primary health care or behavioral health care, our compassionate, dedicated staff are here to help you!

By getting all your health care at Northern Lakes, you can expect to:

- ✓ Improve your health conditions
- ✓ Have a care team that works together and with you to achieve better health
- ✓ Receive individualized attention for your specific needs
- ✓ Have access to free wellness classes and health coaching
- ✓ Feel more knowledgeable about your health conditions and how to manage them
- ✓ Be better able to take charge of your health and your life
- ✓ FEEL BETTER!

Whom to Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

For crisis call 1-833-295-0616 (TTY 711)

To access services call (231) 922-4850 or 1-800-492-5742 or one of the four offices listed below

To access Substance Use Disorders Services call NMRE 1-800-834-3393

For Customer Services call 1-800-337-8598

To access our Integrated Health Clinic call (231) 935-3062



105 Hall Street, Suite A
Traverse City, MI 49684

northernlakescmh.org

If you speak a language other than English, language assistance services, free of charge, are available to you. Call Customer Services 1-800-337-8598 (TTY 711).

Northern Lakes Community Mental Health Authority (NLCMHA) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NLCMHA is a member of Northern Michigan Regional Entity (www.nmre.org) and receives its principal funding from the Michigan Department of Health and Human Services.

This information was reviewed by consumers.

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Integrated Health Clinic

Heal your mind & body together



A convenient way to get all your care in **one** place, with an integrated care team who knows you.

www.northernlakescmh.org



Total Health Care for YOU!

Our approach is simple: We believe that overall wellness means healthy minds and healthy bodies. That's why we offer an array of physical health care, behavioral health care, prevention programs, wellness services, and support.



*Did you know?
70% of adults with a
mental health issue
have a serious medical
problem, especially high
blood pressure, diabetes,
heart problems, obesity,
and asthma. This is why
everyone should get a
check-up here!*

Services include an initial health screening at no cost. Follow-up services monitor and address the following:

- Height, weight
- Blood pressure
- Cholesterol
- Triglycerides
- Blood sugar
- Healthcare management
- Healthy nutrition
- Tobacco recovery
- Physical activity
- Stress management

Care Coordination

- Appointment scheduling
- Disease management
- Maintaining health and wellness
- Recovery services

Behavioral Health Care

- Mental health medications
- Therapy services
- Substance use screening and treatment

Physical Health Care

- Onsite primary care & health screening
- Lab services
- Specialty care referrals
- Assistance in helping you manage your health conditions
- Nurse Care Manager available to help you identify and achieve your health and wellness goals



Wellness

- Learn how your illness impacts your body, your mind, and your daily life
- Free health and wellness classes
- Peer recovery support & coaching

Navigation & Resources

- Support finding and accessing community resources for you and your family
- Support obtaining benefits