

Behavioral Health Support, Right in Your Pediatrician's Office

Your child's emotional health is just as important as their physical health. That's why our pediatric practices include an **Integrated Behavioral Health** team to provide convenient, timely support for children, teens and families.

Our Behavioral Health Consultants (BHCs) work **alongside your pediatrician** to help with concerns such as anxiety, depression, stress, ADHD, behavioral challenges, sleep difficulties, school concerns, adjustment to life changes, emotional regulation, and more. **BHCs provide brief, evidence-based interventions and practical strategies** that can help children and families make meaningful progress. They also offer **parenting consultations**, helping caregivers navigate behavior concerns, strengthen family relationships, and support your child's emotional development.

When additional services are needed, our dedicated Pediatric Patient Care Navigator helps families connect with therapists, psychiatrists, specialty programs and **other behavioral health resources** in the community, making it easier to find the right level of care.

Together, your pediatrician, Behavioral Health Consultant and Patient Care Navigator work as a team to **support your child's overall health, wellness and success**. Please reach out to your pediatrician for more information or a referral to a Behavioral Health Consultant.

Families can also access free educational resources through our new wellness site, **TriHealth Better Living**, which offers evidence-based information, self-help tools, videos, book recommendations, and much more across a wide range of behavioral health and wellness topics.

Why We Ask About More Than Just Medical Concerns

At your child's visit, you may notice we ask questions about things like food access, housing, school & behavior and family stressors.

These social needs questions allow us to identify factors that can directly affect your child's health, development and well-being. By understanding the full picture, we can:

- Connect families to helpful resources
- Provide more personalized care
- Address concerns early

We understand that these topics can feel personal. Your responses are always handled with care, respect and confidentiality.



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As always, thank you for trusting TriHealth Pediatrics with your child's care!

We're committed to making every experience the best it can be!