



# Connect Care Behavioral Health

PSYCHIATRIC CARE WHEN AND  
WHERE YOU NEED IT

Psychiatric Care is now available from anywhere in Utah or Idaho. Receive the same quality care for your mild-to-moderate conditions of anxiety, depression, addiction and more through the convenience of a video visit.

## Benefits:

- Access from anywhere in Utah or Idaho using your smart phone, tablet or computer
- Appointments available for adults (ages 18+) from 7 a.m. to 7 p.m. daily - including same day appointments
- Quality you can trust: Intermountain standards and caregivers ensure you receive the best treatment, and your regular Intermountain provider can see a record of your visit.





## Schedule an Appointment:



### Schedule on the MyHealth+ App

- 1- Download the MyHealth+ App or use the web version: [intermountainhealthcare.org/MyHealth](http://intermountainhealthcare.org/MyHealth).
- 2 - In the app select Get Care, then Appointments.
- 3 - Select “Behavioral Health-Connect Care” specialty.
- 4 - Book an appointment.

- or -



Call Toll Free: 833-442-2670

## Commonly Treated Conditions

### *Mild-to-moderate*

- Anger or Mood Swings
- Anxiety
- Attention Deficit
- Bipolar
- Depression
- Insomnia
- Panic Attacks
- PTSD
- Stress
- Substance Abuse/Misuse

## Other services we provide:

- Medication Prescribing and Management
- Referrals to Specialists

*Visit us at [intermountainhealthcare.org/ccbh](http://intermountainhealthcare.org/ccbh)  
for more information.*