

## How does our Behavioral Health program help you?

Florida Community Care's Behavioral Health Program, will be working with members and their families to create a plan of care that is right for each member.

Florida Community Care has special programs that are available to members such as substance abuse and opioid programs.

### We provide the following support to all our members:

- Education on preventive screenings that may help manage the disease and identify other conditions
- Review of your medicines with the primary physician and/or specialist
- Education on symptoms, and how to report and control them
- Develop a crisis safety plan
- Education on how to manage the disease and reach your goal
- Emotional support to all our members and their caregivers
- Help you learn to manage stress, which will help control triggers

**Take charge of your health with Florida Community Care**



Florida Community Care, LLC.  
5200 Blue Lagoon Drive - Suite 500  
Miami FL 33126

1-833-FCC-PLAN  
[www.fcchealthplan.com](http://www.fcchealthplan.com)

**This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm.**

**Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes, de 8 a.m. a 8 p.m.**



## Behavioral Health Program



## WARNING SIGNS OF DEPRESSION YOU SHOULDN'T IGNORE

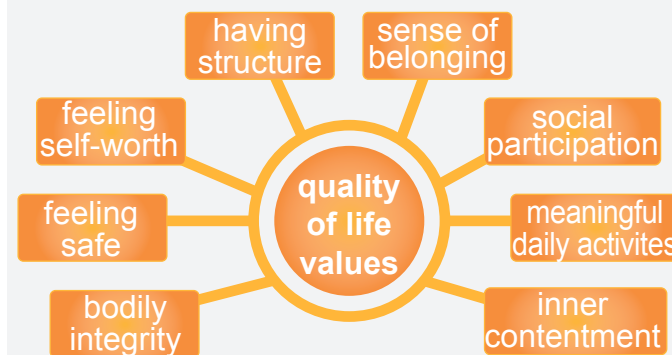
- Fatigue    Insomnia    Anxiety
- Anger & Irritability    Reckless behavior
- Low self-esteem, guilt & hopelessness
- Thoughts of suicide & death
- Short-term memory loss
- Difficulty concentrating

Behavioral Health issues are conditions that cannot be cured, but they **CAN** be managed.

1.833.FCC.PLAN



### Behavioral Health goals



## Florida Community Care can help!

Behavioral health is the study of a person's mental well-being. Many members who have behavioral health issues have stress, depression, anxiety, social problems, addiction, mood swings, and other issues.

These conditions can have an impact on your quality of life. There is also added stress on your family members and caregivers.

It is important to manage these conditions. With the support of your care manager, you can learn how to report and control your symptoms.

A customized care plan can help you and your loved ones regain control.

## Do you know the impact these conditions can have on your body?

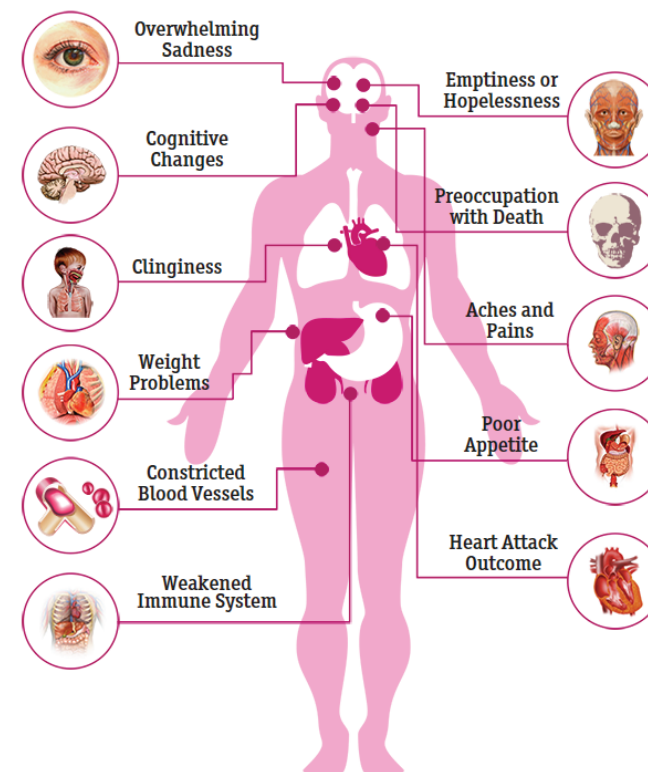
Serious behavioral health conditions can include depression, stress, anxiety, and addiction.

These conditions may have symptoms that can have a negative impact on your body and on your quality of life.

If you experience any of these symptoms, **you are not alone**. 1 out of every 5 adults suffers with a mental health illness.

Get help for yourself or your loved one with Florida Community Care's behavioral health program.

**We are here for you!**



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