

# Allina Health

## Mental Health Consultants

### What is a Mental Health Consultant (MHC)?

A Mental Health Consultant is a licensed independent clinical social worker within our primary care clinics, who provides access to immediate mental health care. The MHC will meet with you to understand your health and wellness goals and will connect you with the right resources to address your unique needs. The MHC can also complete an assessment and determine the next step in your care plan.

Your provider will refer you to the MHC if they believe this individual is an important member of your care team. You can also request to see the MHC to discuss life stress or immediate mental health needs.

Patients may see an MHC for short term therapy and support, but then are referred to establish care with another mental health provider if ongoing care is needed.

If a patient has established care with a therapist in the past, it may still be appropriate to meet with the MHC to address immediate concerns.

## Are MHC visits covered by insurance?

Visits with the MHC may be covered by your insurance carrier, as a consultation provided by a licensed clinical social worker.

For more information about mental health consults, talk with your primary care or mental health provider.

To schedule an appointment with a Primary Care MHC, call the Allina Health Mental Health and Addiction Connection line at 1-866-603-0016.