

Behavioral Health Care

Built Around You.

If you or someone you love is struggling with mental health, substance use or everyday challenges, GHC-SCW can help you find the right level of support.



HOW TO GET STARTED



Talk with Your Primary Care Provider (PCP)

Discuss your symptoms and explore treatment options together.



Call the GHC-SCW Behavioral Health Team

Call (608) 441-3290 to schedule with a GHC-SCW Behavioral Health provider.



Search for an In-Network Provider

Use our provider search engine tool to find in-network community providers.



Use GHC Care OnDemand

Access virtual therapy or psychiatry through our partner, MDLIVE®.

FEATURED PROGRAMS

Pathways to Recovery Substance Use Disorder Clinic

Outpatient substance use treatment for adults with assessment, counseling, medication support and harm reduction services.

Call (608) 441-3320 to request an appointment.

GHC Foundations Intensive Outpatient Program (IOP)

Intensive behavioral health treatment for members who need support beyond traditional outpatient therapy and medication management.

A referral from a PCP or Behavioral Health provider is required.

Autism Spectrum Disorder Program

Neuroaffirming diagnostic and therapeutic services for children and adolescents; including comprehensive evaluations, social emotional support, speech/language therapy and occupational therapy.

Talk with your child's PCP about a referral.

TOGETHER, BETTER IS POSSIBLE.

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 **Group Health Cooperative**

of South Central Wisconsin

More Ways We Can Support You

GROUPS AND SKILLS-BASED SUPPORT



Sleep Better Group

A 6-week Cognitive Behavioral Therapy for Insomnia group that helps adults improve sleep habits.



The WELL Community Group

A therapy group supporting women and AFAB individuals navigating mental, physical and sexual well-being through hormonal changes.



Dialectical Behavior Therapy (DBT) Group

Virtual adult and in-person teen groups that teach skills for emotional regulation, mindfulness and distress tolerance.



Momentum Group

A skills-based group for adults with executive functioning challenges such as focus, time management and organization.



EVALUATION AND FOCUSED TREATMENT

SPARC | Momentum Program

A specialty clinic for adults experiencing challenges with attention, focus, organization and executive functioning. SPARC provides evaluation, symptom clarification and early treatment planning before transition back to primary care. A referral from a PCP or Behavioral Health provider is required.



ADDITIONAL BEHAVIORAL HEALTH SUPPORT

- Individual, family, couples and virtual therapy
- Psychiatry and medication management
- Group psychotherapy
- Urgent or crisis behavioral health care
- Virtual therapy and psychiatry through MDLIVE®
- Community behavioral health providers
- Substance use and addiction services



NOT SURE WHERE TO START?

Call the GHC-SCW Behavioral Health team or visit ghcscw.com.

(608) 441-3290

We can help you understand your options and determine the best next step.
Free and confidential crisis care is available 24/7 by calling or texting 988.

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