



ProHealth Integrated Primary Care

What it means for you?

Supporting your mental health, physical health and wellness needs all in one place!



Why Integrated Care?



Individuals who have mental illness statistically have a greater risk of experiencing health problems than the general population. We understand that your physical and mental health care often affect one another. Rather than treating your physical and mental health needs separately, integrated care focuses on a “whole person” approach.

ProHealth aims to include you, your therapist, your psychiatrist, and your primary care physician in planning for treatment that helps you meet your personal goals!

“She was the first doctor I’ve had in a very long time where I felt like I was being listened to.”

- ProHealth Patient

Program Eligibility

- 12 years and older.
- Active patient of The Mental Health Center of Greater Manchester.
- Don’t have a primary care doctor or are looking to change doctors.
- Interest in receiving the benefits of integrated care.

Overview of Services

- Primary Care Doctor Visits
- Coordination between Providers
- Community-based Wellness Visits
- Blood Pressure Monitoring
- Medication Support
- Health & Wellness Goals
- Motivational Support
- Chronic Disease Self-Management
- Occupational Therapy
- Smoking Cessation Support
- Gender-Affirming and LGBTQIA+ Inclusive Support



**Talk with your
therapist about
a referral to
integrated care
today!**


Benefits of Integrated Care:

- Compassionate care in a non-stigmatizing environment.
- Medical providers who understand your unique needs.
- Support services to help in your recovery journey.
- Improved confidence in your ability to achieve your best self.



If you want to know more about our Integrated Care Services

Contact Us:

 **603-668-4111 ext. 1632**

 **2 Wall Street, Manchester, NH**

Hours of Operation

Monday: 8 a.m. – 4:30 p.m.

Wednesday: 12 p.m. – 4:30 p.m.

Friday: 12 p.m. – 4:30 p.m.



The Mental Health Center
of Greater Manchester



AMOSKEAG
HEALTH



2 Wall Street, Suite 300
Manchester, NH 03101
www.mhcgm.org



Who are we?


ProHealth is a partnership between The Mental Health Center of Greater Manchester and Amoskeag Health.

The program aims to enhance patients' wellness by treating their physical health and their mental health by:

- Having a primary care clinic on site at The Mental Health Center.
 - Providing compassionate primary care providers who are familiar with mental health.
 - Enhancing the level of communication between your mental health and primary care providers.
 - Offering additional programming that supports you in achieving your total wellness goals.
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Research Shows Integrated Care Improves Patient Health

- 47% of patients with pre-diabetes saw improvement in their A1c (a measure of diabetes) after joining ProHealth.
 - 57% of ProHealth patients who were classified as “overweight” achieved clinically significant weight loss for the first time.
 - 64% of ProHealth patients were able to get their blood pressure under control.
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