

Integrated Health Team

Reconnecting Mind and Body

For Adults

ihl@wellsourcehealth.org

What Is Integrated Health Team?

We are a team of professionals here to work with people who have Medicaid and have been diagnosed with a mental illness.

We will work as a team to find community resources for your medical, mental health, social, and spiritual needs. We will help you meet your personal goals to gain independence and stability for life.

Our goal is *Reconnecting Mind and Body* by being proactive for ALL your health needs. We can help navigate a very complicated medical system, refer for community based services, and offer personal experience in maintaining mental health stability.

Counties Served:

*Cerro Gordo Franklin Floyd Hancock
Mitchell Worth Winnebago*

235 South Eisenhower Avenue
Mason City, IA 50401

24-Hour Crisis Line: 800-700-IOWA
Phone: 641-424-2075 Fax: 641-243-7071

I am a Client of the Integrated Health Team

_____ is my MCO

_____ prescribes my medications

_____ is my pharmacy

_____ is my therapist

_____ is my family/friend support

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Integrated Health Team Members

Care Coordinators

We can help link you to medical, mental health, educational, and social support services. We also help during times of transition, and can bring together a team made up of providers and other support systems (such as family and friends) of your choice.

Certified Peer Support Specialists

We are a resource you can turn to for support and feedback. We can assist with how to build support systems in your life. We can help you not feel so alone during challenging times.

Nurses

We bring our health care expertise to you and can provide education on medications, nutritional and dietary needs. We can also work with physicians to help understand how medications may impact health conditions.

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I am a Client of the Integrated Health Team

My Care Coordinator _____

Phone number _____

My Peer Support _____

Phone Number _____

My Nurse _____

Phone Number _____