



Behavioral health

Inpatient
Outpatient
Child and adolescent care
Senior care
Telebehavioral health



Personalized behavioral health care

There's nothing easy about dealing with behavioral health issues such as anxiety, depression, mental illness, substance use disorders and stress. These conditions — and others like them — can threaten your patients' overall health if not addressed. The Novant Health behavioral health team is here to help. With more than 80 specialists and innovative programs, we're the partner you can count on to provide compassionate, individualized care for every patient's unique needs.

Patient-centered support and treatment teams

At Novant Health, our behavioral health team includes psychiatrists, nurses, clinical social workers, dual diagnosis counselors and psychologists. These experts work alongside each patient and his or her support system to create individualized treatment plans and establish a framework for recovery.

Compassionate care that's easy to access

Our team strives to provide expert care in the best format for each patient, when and where it's needed. From acute care, including our 24-hour assessment and triage services, to ongoing support through inpatient and outpatient programs and emergency telepsychiatry, your patients have access to the care they need — whenever they need it. *Please see reverse for a detailed listing of our extensive services.*

Additional benefits for primary care providers

- Novant Health offers a collaborative care model for independent practices. The model embeds a licensed clinical social worker in the primary care setting to work alongside physicians and nurses, and address behavioral issues that jeopardize a patient's health goals.
- We host psychiatric-themed CME several times per year. These events are approved for AMA credit. They can focus exclusively on mental health issues, substance use disorders, medication-assisted treatment, or integration with primary care or specialty providers (for example, pediatricians working with teens who have generalized anxiety disorder or major depressive disorder).

Connect with us to learn more about how we're advancing behavioral health care



Erica E. Herman, MD
Psychiatrist and physician leader
Novant Health behavioral health
eevaldez@NovantHealth.org

Call the psychiatric resource call center at 1-800-786-1585 to make a referral.

Individualized behavioral health services

Please note: Some programs require patients meet certain criteria, including specific primary diagnoses or a Novant Health or community-based psychiatrist, etc., in order to participate. Contact the resource center for more information.

Inpatient care

- Short-term, recovery-oriented treatment programs
- Insight-oriented group therapy
- Patient education
- Coping skills training
- Therapeutic massage
- Medication management
- Intensive management unit to assist individuals in need of initial stabilization in smaller units with higher staff-to-patient ratios
- Dedicated senior programs for individuals 55+ that include structured therapeutic activities, group and individual therapy and medication management

Outpatient care

- 24-hour assessment and triage
- Programs for adults, children and adolescents, and seniors
- Intensive substance misuse disorder treatment
- Perinatal mood and anxiety program for expecting or new mothers
- Transcranial magnetic stimulation
- Group therapy
- Confidential substance misuse disorder assessment
- Family recovery programs
- Educational sessions on topics such as anxiety and stress management, self-esteem, grief and loss
- Psychiatric services, including evaluation, diagnosis and treatment

Child and adolescent care

- Dedicated inpatient and outpatient programs supervised by experienced child and adolescent psychiatrists in a child-friendly environment
- Partial hospitalization program enables patients to receive inpatient care during the weekday and return home for nights and weekends. It also includes an on-site school at our Charlotte location to help children maintain schoolwork during treatment.

Telebehavioral health

For the fastest emergency room care

- Virtual ER risk assessments and psychiatric evaluations for patients with mental and behavioral health disorders which determine admission status to the hospital inpatient unit.
- Curbside consulting is available to Novant Health PCPs who serve patients who aren't responding to medications, or whose symptoms are escalating. No hospitalization or referral to ER required; simply call and request a physician-to-physician consult or copy our team in Epic.

Additional resources

- Mental Health First Aid (MHFA) course
- Psychiatric resource call center, toll-free 1-800-786-1585