

## Consultation Services for “Mom, Parent, Partner” (Obstetrics)

**Did you know** 10-15% of all women develop postpartum depression? Symptoms can occur any time during pregnancy and up to 12 months after having a baby. Whether this is your first pregnancy or not, *Vista Hill SmartCare* is here to help you.

- Are you experiencing intense anger and irritability?
- Is your partner experiencing severe mood swings after having a baby?
- Are you having difficulty bonding with your baby?
- Are you experiencing guilt, shame or feelings of inadequacy?
- Have you had thoughts of harming yourself or your baby?

*Vista Hill SmartCare* can connect you with support so you can feel better and learn new ways to cope with your feelings, solve problems and set realistic goals.



## Consultation Services for Adults

**Did you know** depression and anxiety affects 1 out of 10 American adults over the age of 18 years and only about one in three of those adults receive help? *Vista Hill SmartCare* is ready to help.

- Do you prefer to stay at home rather than going out and doing things?
- Are you having sleep difficulties? Too much? Too little?
- Have you had a change in your energy? Too much? Too little?
- Do you notice yourself worrying too much?
- Do you notice that you are drinking alcohol or using drugs more frequently?
- Are you feeling alone or isolated?
- Do you find yourself feeling, “Nothing seems to make me happy”.
- Have you had any thoughts of harming yourself?

*Vista Hill SmartCare* can connect you with the help you need so you can feel better, cope better and find greater balance in managing stressful times.

*SmartCare BHCS* services are funded under the County of San Diego Behavioral Services Mental Health Services Act.

**There is no cost to speak with the SmartCare team.**

**(858) 956-5900**

Email: [BHCS@vistahill.org](mailto:BHCS@vistahill.org)  
Website: [smartcarebhcs.org](http://smartcarebhcs.org)

**“SmartCare BHCS – Ready for Health”**

SmartCare  
**BHCS**

  
VISTA HILL  
*Stronger Families...Brighter Futures*

COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY

# How are **You** and your Family Feeling?



SmartCare  
**BHCS**  
Behavioral  
Health  
Consultation  
Services

  
VISTA HILL  
*Stronger Families...Brighter Futures*



Vista Hill SmartCare Behavioral Health Consultation Services knows that today's busy families are under a lot of pressure and we are here to help. SmartCare BHCS works with your primary health care provider to:

- **Screen for and identify any behavioral health issues.**
- **Connect you and/or your family to community resources that can help.**

Our Team at Vista Hill SmartCare is made up of Psychiatrists, a Nurse Practitioner, Licensed Therapists, Behavioral Health Educators and Family Partner who will work with your Primary Care Provider to connect you with the help you need.

## Consultation Services for Children and Teens

**Did you know** that 1 out of 5 children experience a mental disorder in the United States? Emotional and physical health go together in children. Parents are often “the true expert” of their own children and the first to notice a problem with their child's behavior, emotions or learning. Vista Hill SmartCare is here to support you and your child.

- **Is your child having behavior or learning problems at school?**
- **Has your child's mood changed in the past 6 months?**
- **Does your child have trouble controlling their behavior?**
- **Is your child having a hard time sitting still and following directions?**
- **Does your child have trouble making or keeping friends?**
- **Are you concerned your child may be using alcohol or drugs?**

Vista Hill SmartCare can connect your child, teen and family to get the support needed to feel better, improve communication and set positive goals.

## How Do I Get Help?

Please complete the inserted health checklist card and give it to your provider at this visit. If you prefer, you can also contact Vista Hill SmartCare BHCS directly to speak personally, in real time with one our Smartcare Team. We are available 8:30am-4:30pm, Monday through Friday.

**If you are Ready for Health, we are Ready to Help!**

Accessing Vista Hill SmartCare BHCS

**(858) 956-5900**

Email: [BHCS.Parent@vistahill.org](mailto:BHCS.Parent@vistahill.org)  
Website: [smartcarebhcs.org](http://smartcarebhcs.org)

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