

MANAGING PAIN SAFELY - BEHAVIORAL HEALTH REFERRAL

YOU ARE NOT ALONE IN YOUR PAIN, LET US HELP!

Most people feel mentally and physically worn out by pain. You may feel your pain keeps you from living a “normal” life. You may be upset because you've gained weight due to inactivity. Some pain medicines even list depression as a possible side effect.

It's normal to feel down or depressed at times. Depression can make pain worse. As the pain gets worse, you may become more depressed. That's why treating depression is just as important as treating the pain itself.

Your doctor can refer you to a therapist to talk more about these problems. Therapists can help you think about your pain in new ways. They can help you cope with depression and anxiety. They can even teach you skills to help you relax and feel more in control.

Your Medi-Cal benefit through *Partnership HealthPlan of California* covers the option to see a therapist. You may be able to be seen at your doctor's office. You can also be seen at an outside office. Also, based on your needs, you may be referred to behavioral health services provided by your County.

Ask your doctor for a referral to a therapist or call *Beacon Member Services* at:

Beacon Health Options (855) 765-9703

Learn more about your counseling benefits. Find a therapist who can help you with chronic pain. Remember, all *Beacon* therapists treat depression and anxiety, not just those with a specialty in chronic pain.



There's more to chronic pain than hurting.
You may also:

- Feel sad or hopeless
- Have problems getting around
- Lose interest in things you used to enjoy
- Have problems doing your job
- Feel badly about being off work
- Have poor sleep or feel tired all the time
- Have problems getting along with others