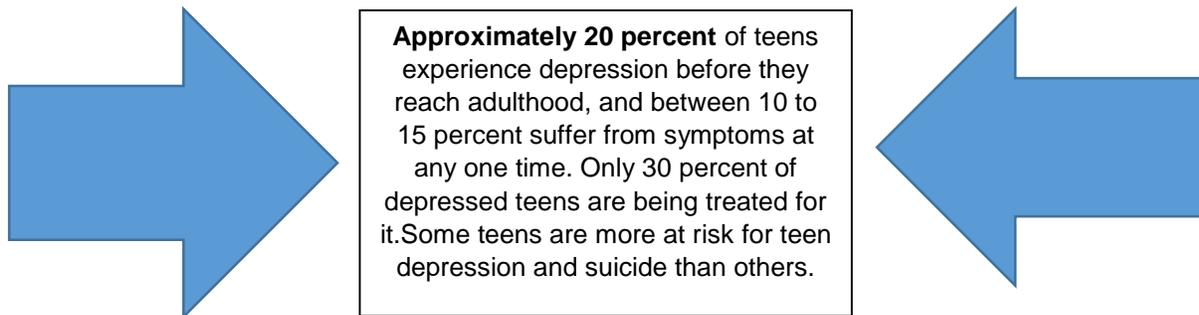


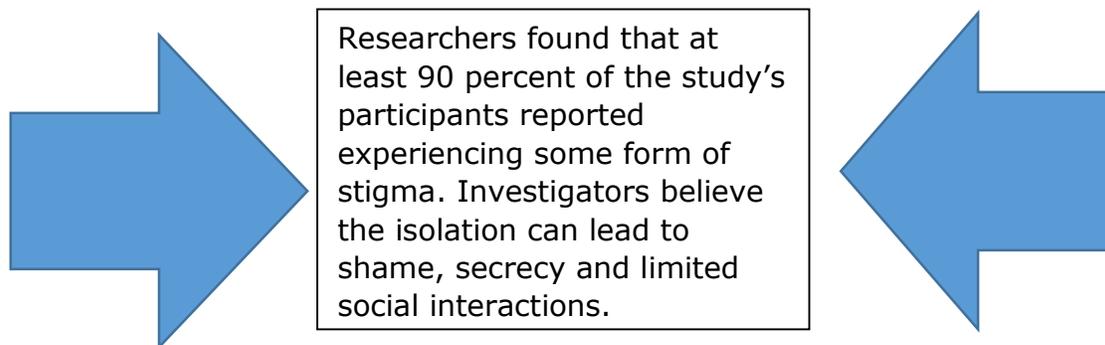
JAMESTOWN PEDIATRIC ASSOCIATES

Integrating Behavior Health

The mind and the body work together as a team. When we exercise our bodies, our minds benefit from a release of chemicals that help ease unwanted feelings such as sadness and anxiety. Similarly, when we feel depressed, we may feel aches, pains, fatigue and other physical ailments. Our patients and families know that they should call us when they are experiencing physical ailments, but they may not know that there could be a connection between their physical conditions and their current mental health. Untreated anxiety and/or depression can prevent people from managing other conditions and often contributes to their physical symptoms.



The easier it is to access behavioral health care at the same time as physical care, the less likely our patients and families will feel the stigma of treatment — and the healthier their child will be.



When health providers treat underlying behavioral health issues and not just diagnose physical conditions, it is proven that people are happier, live longer, and require fewer healthcare services. Individuals being treated for a mental health condition should look for a primary care provider who understands how the mind and the body work as a team and helps them develop an individual health plan that supports the treatment of the whole body.

That's why Jamestown Pediatric Associates believes in the importance of integrated care – treating the whole person, mind and body. Our medical team is skilled at assessing all conditions that may be effecting our patient's wellbeing.