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
Website: smartcarebhcs.org

“SmartCare BHCS – Ready for Health”

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“SmartCare BHCS – Ready for Health”
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 of 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
Website: smartcarebhcs.org

“SmartCare BHCS – Ready for Health”