



Behavioral Health Consultation in Primary Care

April 2025

Did you know that you have a Behavioral Health Specialist that works with your Primary Care Manager?
As YOUR Behavioral Health Consultant, we can assist you with:

Mental Health

- Grief
- Anxiety
- Depression
- Social Anxiety
- PTSD Management
- Stress Management
- Relationship Difficulties
- Pregnancy/Post Partum Help
- Identifying Feelings/Emotions

Prioritize Self-Care

- Parenting Help
- Sleep Problems
- Chronic Fatigue
- Increasing Exercise
- Pain Management
- Chronic Health Issues
- Coping Skills of ALL kinds

Lifestyle Changes

- New Parents
- Life Transitions
- Quitting Tobacco
- Emotional Eating
- Managing Diabetes
- Alcohol/Substance Use
- Weight Management
- Managing Hypertension

Please note that a referral is needed by your PCM for therapy services, but not BHC services.
BHC appointments are 25 mins long and focus on symptom management.
BHCs DO NOT provide therapy services.



To schedule an appointment:

- Ask your PCM
- Visit the BHC offices in Family Medicine
- Visit the Front Desk
- Call or Email us Directly

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