

The VA continue to provide an array of outpatient Mental Health Services via Telephone of Veterans Video Connect. Services included but not limited to:

- **Mental Health Clinic.** The Mental Health Clinic (MHC) is a specialty mental health clinic offering mental health counseling, assessment, referrals, and medication management.
- **Primary Care Behavioral Health [PCBH].** PCBM Is a mental health clinic that is located in the hospital to assist individuals who have a recent medical diagnosis that may be upsetting or have difficulty adjusting to a new regimen. PCBH offers brief individual and group services as well as medication management of symptoms.
- **Posttraumatic Stress Disorder outpatient clinic [PCT].** PCT is a mental health clinic that specializes in the treatment of combat-related PTSD. Treatment typically starts with psychoeducation groups that provide skills to cope with sleep problems, strategies for managing anxiety and irritability, and tips for improving relationships with family and friends.
- **Psychosocial Rehabilitation and Recovery Center [PRRC].** In the Psychosocial Rehabilitation and Recovery Center (PRRC), veterans with SMI can choose from a wide variety of activities on their way to attaining a meaningful self-determined role in the community. These services focus on improving functioning and enabling veterans to lead full and meaningful lives in the community of their choice.
- **Mental Health Intensive Case Management [MHICM].** MHICM operates nationally throughout the Veteran Administration Hospital to serve outpatient veterans diagnosed with a serious mental illness through aggressive, community-based treatment and case management. MHICM case managers monitor veterans to promote independent community living, self-care, and well-being.
- **Family and Couples Counseling:** Family therapy is effective in several areas including addressing general child conduct issues, child aggression, global family problems, improving communication and problem solving.