Behavioral Health Department

The Polyclinic Madison Center, 9th floor, Suite A
Phone number: 206-860-4614
Department hours: 8:30-5:00 M-F

The Polyclinic Behavioral Health Program is designed to provide transitional* care to assist Polyclinic providers with caring for their patients with mental health needs. **A referral from a Polyclinic provider is required.**

Psychiatric Consultations may be requested for diagnostic clarification, acute distress, medication review and adjustment, and brief psychotherapy with our LICSW.

For longer term mental health care needs and for Medicaid patients a referral to an outside provider will be given to the patient for ongoing Behavioral Health treatment.

We are located on the 9th floor of the Madison building within Internal Medicine, Suite A. As noted above, our phone number is 206-860-4614. Providers are in the office from 8:30-5:00 M-F. Dr. Gupta is in the office Tues-Thurs.

**What is transitional care?**

Transitional care refers to very short term/limited visits meant to help support and guide providers in caring for patients with mental health needs while waiting for care to be established with a long term mental health provider, if appropriate.

**What are examples of patients who would benefit from our services?**

1) Those requiring diagnostic clarification
2) Patients whom you envision making significant progress with very brief treatment
3) Patients who are having difficulty securing an outside provider in a timely fashion
4) Patients whose symptoms may not resolve with short-term treatment, but who would benefit from a brief consultation to match them with an appropriate community resource.

**What services do we provide?**

1) Psychiatric consultation and brief medication management if needed (1-2 visits) with Noel Howes, Psychiatric ARNP or Shyam Kelly Gupta, MD, psychiatrist.
2) Brief psychotherapy with Becky Rosenthal, LICSW
3) Referral and help with transitions to providers outside of the Polyclinic for longer-term mental health needs and for Medicaid patients.

**Are these services available after hours?**

1) Behavioral Health providers are not available for afterhours call.
2) Patients are instructed to contact their primary care physician, the Crisis Clinic, and/or call 911 in case of emergency.

**What services can we NOT provide?**

1) L & I /related cases
2) Motor Vehicle Accident / related cases
3) Court ordered evaluations/cases
4) Any 3rd party payer evaluations

**Are there patient problems which would generally not be a good match for our transitional services?**

1) Substance dependence
2) Eating disorders
3) Cognitive disorders

**What Community Resources are available?**

**24-hour Crisis Line:** 1-866-4CRISIS (427-4747), Local 206-461-3222, TTY 206-461-3219  
*Immediate Help for People in Crisis*

**King County 211:** 211 or 1-800-621-4636, TTY 206-461-3610 or 711 Relay (Ask for Toll-free number)  
*Information and Referrals to Community Resources*

**WA Recovery Help Line:** 1-866-789-1511, TTY 206-461-3219  
*24-hour Help for Substance Abuse, Gambling Problem and Mental Health*

**WA Warm Line:** 1-877-500-WARM (500-9276), Local 206-933-7001  
*Peer Support for People Living w/ Mental Illness-Evenings 5-9pm*

**Teen Link** 1-866-TEENLINK (833-6546), Local 206-461-4922, TTY 206-461-3219  
*A Confidential Help Line for Teens-Evenings 6-10pm*