

# Mental Health Concierge

Mental Health Connecticut (MHC) recognizes the limitations that people with private health insurance may face when trying to access timely and appropriate mental health services. To this end, MHC has created Mental Health Concierge. This unique service offers in-home, one-on-one, community-based rehabilitative services that support and promote recovery and complement services covered by private insurance.

Offered throughout Connecticut, Mental Health Concierge provides a breadth of services and supports for individuals with mental health conditions, including:

- Maintaining a home,
- Managing finances,
- Negotiating external systems of support (physical and behavioral health),
- Developing community connections,
- Skill-building, and/or
- Self-advocating.



Through a menu of service options, which includes clinical support, community support, recovery coaching, and vocational coaching, Mental Health Concierge is designed to:

- Reduce symptomatology,
- Increase coping strategies,
- Teach life skills,
- Decrease the use of emergency services, and
- Enhance overall quality of life.

**For more information about Mental Health Concierge, including menu service options and pricing, please call 203-527-3145.**

