

Managing Pain Safely: Behavioral Health Referral

You are not alone in your pain. Partnership is here to help!

Most people feel mentally and physically tired by pain. You may feel your pain keeps you from living a “normal” life. Some pain medicines even list depression as a possible side effect.

It is normal to feel down or depressed at times. Depression can make pain worse. You may get more depressed as the pain gets worse. That is why treating depression is just as important as treating the pain itself.

Your doctor can refer you to a therapist to talk more about these problems. Therapists can help you think about your pain in new ways. They can help you manage depression and anxiety. They can even help you learn about skills that will help you relax and feel more in control.

Your Medi-Cal benefit through Partnership HealthPlan of California covers therapy. You may be seen at your doctor’s office. You can also be seen at an outside office. You may be referred to behavioral health services given by your county based on your needs.

Ask your doctor for a referral to a therapist or call
Carelon Behavioral Health at (855) 765-9703.

Learn more about your therapy benefits. Find a therapist who can help you with chronic pain. All Carelon therapists treat depression and anxiety, not just those with a specialty in chronic pain.



There is more to chronic pain than hurting. You may also:

- Feel sad or hopeless
- Have problems getting around
- Lose interest in things you used to enjoy
- Have problems doing your job
- Feel bad about being off work
- Have poor sleep or feel tired all the time
- Have problems getting along with others