



Talking About Mental Health?

TIPS FOR MAKING THE AWKWARD EASIER WITH YOUR PATIENTS.

It's no surprise that physical health and mental health are interconnected. When your patients experience a decline in their physical health, it can also affect their mental wellbeing. And vice versa.

At SonderMind, we empower people to make real changes in their health by prioritizing mental health care as part of whole-person health. Talking about mental health might feel awkward or challenging for your patients at first, but it doesn't have to be.

Here are a few tips to open up a conversation about mental health and how you can refer your patients to a SonderMind therapist.

STARTING THE CONVERSATION

Your patients may be experiencing a life event, such as a new diagnosis, a pregnancy, a divorce, or a big move. Simply asking them how they are handling those changes can open up a deeper conversation.

What to say:

“You have a lot going on right now. How are you handling this?”

“How are you feeling about your test results?”

“Tell me a little bit about your symptoms. On a good day, what are they like? What about on a bad day?”

WHEN YOU’RE READY TO REFER YOUR PATIENT FOR MENTAL HEALTH SUPPORT

STEP 1

Remind them that they are not alone.

Explain that addressing mental or behavioral health concerns can be an important part of restoring their physical health and helping them regain balance in their life.

What to say:

“You’re not alone. There are resources and people who can help you work through some of these issues.”

STEP 2

Tell them about your relationship with SonderMind.

Give your patient the SonderMind take-home brochure or handout. This explains SonderMind’s services so that your patient can easily access this information later on. Then talk to your patient about when and why they should consider working with a SonderMind therapist for support.

What to say:

“This is not new. It may feel new to you, but many of my patients are experiencing similar things. That’s why we partner with SonderMind so that you can easily connect with a therapist who can help.”

STEP 3

Let your patient know what they can expect from SonderMind.

Explain to your patient what happens next. Connecting with SonderMind is the first step. After that, SonderMind will walk your patients through the rest.

What to say:

“After I refer you to SonderMind, they will reach out to you. SonderMind will ask you a few questions about what you are looking for. This helps them match you with a therapist who has the right experience and fits your preferences, takes your insurance, and is available to see you in-person or online.”

STEP 4

Make a referral to SonderMind via fax, email, or phone. Visit sondermind.com/refer to easily refer your patients.

QUESTIONS?

Contact our care coordination team at (888) 966-1665 or email us at carecoordinators@sondermind.com.