

Understanding the Difference Between Mental Health & Behavioral Health



At the Knox Clinic, we care for the whole person. That means we offer both Outpatient Mental Health Care and Integrated Behavioral Health Care—and we're here to help you figure out what's right for you.

When your physical and emotional health are treated together, your care becomes more connected, and that can lead to better results and overall well-being.

What Is Integrated Behavioral Health?

Behavioral Health looks at how your thoughts, feelings, and behaviors affect your overall health. It focuses on building healthy habits and making changes to behaviors that might be holding you back.

At the Knox Clinic, behavioral health support is built right into our medical and dental care. That means your providers work as a team—your doctor and your behavioral health clinician communicate and coordinate care with the same goals in mind.

Key Features:

- Support is usually short-term and focused on specific habits or behaviors (like managing stress, quitting smoking, or improving sleep).
- It's a great option if you're also managing a chronic health condition like diabetes or high blood pressure.
- Appointments may happen in the medical clinic or closely alongside your other care.
- The focus is on practical changes that support both your physical and emotional health.

What Is Outpatient Mental Health Care?

Mental Health Care focuses more on your emotional, psychological, and social well-being.

This kind of care is often about understanding deeper mental health challenges and may be more long-term and ongoing than behavioral health.

Key Features:

- Helps people manage conditions like depression, anxiety, trauma, and stress.
- Often involves a diagnosis using tools like the DSM-5.
- Care includes regular therapy sessions (psychotherapy) to work through challenges over time.
- Mental health can be affected by things like biology, life experiences, and family history.

What We Offer at the Knox Clinic:

We're proud to offer both services so you can get the right support at the right time:

- **Mental Health Counseling:** Regular therapy sessions to support you through a wide range of emotional and mental health challenges.
- **Integrated Behavioral Health:** Short-term support focused on behaviors that affect your health, offered right alongside your medical or dental care.

Still not sure which is right for you? That's okay! We're happy to talk with you and help find the best fit for your needs.