

May 2026

Dear Patient,

As part of our Advanced Primary Care Management (APCM) program, we are here to support your overall well-being, including your mental and emotional health. Our goal is to help identify concerns early, connect you with the right resources and ensure you receive appropriate care when you need it.

Mental health is an important part of your overall health. Many mental health conditions can be effectively managed with lifestyle guidance, counseling and medication therapy, helping prevent symptom progression and avoid emergency care.

Please scan the QR code to the right to view a brief video message from Lynwood C. Wheeler, PhD, ABPP, with Hattiesburg Clinic Psychology and Counseling, on the importance of choosing the appropriate level of care for your mental health.



You can also access the video at the following link:
<https://www.hattiesburgclinic.com/monthly-resources/>.

Mental Health, Depression, Anxiety and Stress Management

Your mental health is just as important as your physical health. Feeling overwhelmed, anxious, stressed or depressed is common, and help is available. Early recognition and treatment can improve outcomes and quality of life.

Importance of Screening and Early Treatment

Mental health conditions can affect mood, sleep, energy, relationships, and physical health. Key benefits of early screening and treatment include:

- Early identification of concerns before they worsen
- Reduced risk of crisis or hospitalization
- Improved sleep, daily function and quality of life
- Better management of chronic conditions

Your primary care physician (PCP) plays an important role in recognizing symptoms and coordinating care.



Ongoing Support Through Your Care Team

If you are experiencing emotional distress, mood changes, anxiety or stress, your care team is here to help.

Support may include:

- Screening for depression or anxiety and discussing next steps
- Guidance on lifestyle changes, counseling or medication options
- Ongoing follow-up and coordination through the APCM program

Early support can help prevent symptoms from worsening and improve overall well-being.

Lifestyle Strategies That Support Mental Health

Healthy daily habits can positively impact mental health. Simple, consistent choices can support your mental well-being, including:

- Staying physically active
- Maintaining balanced nutrition
- Keeping a consistent sleep routine
- Practicing stress management techniques such as deep breathing or mindfulness
- Limiting alcohol and avoiding substance use
- Staying connected with others

Your care team can help you set realistic and achievable goals.

Counseling and Therapy

For additional support, counseling can offer practical tools and strategies to help you navigate challenges such as:

- Depression or anxiety
- Stress and life transitions
- Grief, relationships or work-related concerns

Your PCP or dedicated case management team can assist with referrals if needed.

Medication Therapy

In some cases, medication may be recommended as part of your care plan. When used appropriately, it can:

- Help regulate brain chemistry
- Work alongside counseling and lifestyle changes
- Provide symptom relief with proper monitoring by your physician

Always speak with your PCP before starting, stopping or changing any medication.



When to Seek Emergency Care

Some symptoms require immediate attention. Seek emergency care right away if you or someone you know experiences:

- Thoughts of harming yourself or others
- Suicidal thoughts or behaviors
- Severe panic with chest pain or difficulty breathing
- Confusion, hallucinations or loss of touch with reality
- Sudden, extreme changes in mood or behavior

Your care team is here to provide personalized guidance, reminders and ongoing support. If you are experiencing changes in your mental health or would like additional support, please contact your primary care physician or your dedicated case management nurse.

If you have not watched the APCM welcome video from Bryan N. Batson, MD, chief executive officer of Hattiesburg Clinic, you can access the video at the following link: <https://www.hattiesburgclinic.com/welcome-video/>

Thank you for trusting Hattiesburg Clinic with your health care needs. We are here to support you every step of the way.

Sincerely,

Handwritten signature of Bryan N. Batson in black ink.

Bryan N. Batson, MD
Chief Executive Officer
Hattiesburg Clinic

Handwritten signature of Daniel T. McCall, IV in black ink.

Daniel T. McCall, IV, MD
ACO Medical Director
Hattiesburg Clinic

Handwritten signature of Judd M. Reynolds in black ink.

Judd M. Reynolds, DO
Chair, Department of Primary Care
Hattiesburg Clinic