



Behavioral Health - Outpatient

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Methodist Fremont Health's Behavioral Health Outpatient Clinic is a comprehensive mental wellness clinic offering who helps people of all ages with their mental health.

Thank you for choosing us. Our goal is to provide you with the best healthcare possible.

We offer the following:

- psychiatric evaluation and medication management
- mental health assessments
- individual, family and group therapy for patients age two through adulthood

Our clinic is open Monday through Friday 8AM – 4PM. (Closed for lunch 12:00-12:50pm)

- In clinic visits: Please arrive 10 minutes before your scheduled appointment to allow time for checking in.
- Telehealth visits: You will receive a link (text or email) at the time of your appointment. If you do not receive the link within 10 minutes of your scheduled appointment time please contact the clinic.
- Lateness: If you are more than 10 minutes late to your appointment your appointment will be cancelled/rescheduled.
- Rescheduling: If you need to reschedule your appointments, please contact the clinic soon as possible preferably 24-48 hours prior to your appointment.
- Cancellations/No Show: If an appointment is cancelled same day or if no call is made to cancel/ reschedule the appointment the appointment will be documented as a no show. Repeated missed appointments could lead to discontinuation of services.
- Paperwork: that needs to be filled out will need a scheduled appointment to be reviewed and filled out with the provider. (Examples: Disability, FMLA, Work Comp, etc.)

If you have any questions or need assistance, please don't hesitate to contact us.

Looking forward to caring for you,

~ Methodist Fremont Health's Behavioral Health Outpatient Team



Medication Refill Policy

*To best serve our patients, we have a medication refill policy.
Working together with your provider is very important.*

- Medications will be given based on what the provider thinks is best for each patient.
- Medications are usually refilled during appointment times. Patients will get enough medicine until your next appointment.
- It is the patient's job to keep track of their medications and know when more is needed. If a refill is needed patients are to contact their pharmacy. Give the clinic 5 business days to refill medications.
- If medications are lost, stolen, or run out early, they will not be replaced if they are a controlled substance.
- Medications for pain will not be prescribed or refilled at the Outpatient Behavioral Health Clinic.
- If patients change to a different psychiatric provider outside of our facility, patients are to tell the current provider as soon as possible. Patient's will get enough medication for up to 30 days from their last visit.
- If patient's move out of state, they will get up to a 30 day supply of medication from their last visit.
- Patients have the right to refuse a prescribed medication. Patients are to tell their provider if they do not agree with the medication treatment plan.
- We want to give the best care to our patients. If a patient repeatedly does not follow the refill policy, they may be discharged from our services.