



Working to Improve Overall Well-Being

Staying healthy - eating good food in the right amount, exercising, managing stress - can be challenging for anyone. This is especially true for people with mental health or substance abuse concerns. Taking care of your behavioral and physical health can be a lot to handle. Banner's Whole Health Clinic is here to make it simpler for you.

The Whole Health Clinic provides comprehensive behavioral and primary health care for adults. Rather than going to multiple clinics and different providers across town, we provide all of your routine health care at one location with one team. Whole Health Clinic members get the expert care and support they need in a respectful, welcoming, safe, and encouraging setting.

Services Provided

Most members of the Whole Health Clinic receive their physical health care from one of our primary care doctors, counseling with an individual therapist, and psychiatric care from a psychiatrist or psychiatric nurse practitioner.

(If you are already receiving services from another primary care provider or specialist, we excel at working collaboratively with these professionals for your overall treatment and care.)

Many members at the Whole Health Clinic also work with a Recovery Coach or Peer Support Specialist. In addition to ongoing support, these staff can help you coordinate care and assist with transportation, housing, and employment.

The Whole Health Clinic is also home to the EPICenter. Unique in Southern Arizona, the EPICenter is a specialized program for people between 15 and 35 years old who are experiencing early symptoms of a psychotic illness. The EPICenter is very effective in helping to reduce symptoms and improving the quality of life for members and their families.

Banner – University Medicine
Whole Health Clinic
535 N. Wilmot Rd., Ste. 201
Tucson, AZ 85711

Contact Information
520.694.1234
BannerHealth.com

Hours
Monday through Friday
8 a.m. to 7 p.m.
Saturday 8 a.m. to Noon



Accessible by bus on Routes 3 & 8



Services Provided (con't)

The Whole Health Clinic offers a variety of **groups**, such as Dialectal Behavioral Therapy (DBT) and SMART Recovery. In addition to group therapy, the Whole Health Clinic routinely offers health education groups focused on skill-development and recovery.

Health care is complicated and the Whole Health Clinic team includes specialists to help members determine their **eligibility** for AHCCCS, Marketplace plans, and other health care programs, and assist with the application process.

Your Recovery Team

The clinical team is led by physicians and psychologists from the Departments of Psychiatry and Family & Community Medicine at the University of Arizona's College of Medicine, and staffed by highly trained licensed social workers, counselors, and nursing staff. Coaches and Peer Specialists have extensive experience and education on mental health and substance abuse recovery and managing chronic illnesses.

Joining Us

We are accepting new members who are 18 years and older!

To join the Whole Health Clinic, members should have a mental health or substance use concern and be willing to participate in individual or group psychotherapy. We strongly believe that behavioral and medical approaches are most effective when used together, so we do not offer just medication services.

The Whole Health Clinic accepts AHCCCS, Medicare, TRICARE, and several commercial health insurance plans. Our staff can help you understand your health insurance benefits, but we recommend contacting your health plan to confirm your eligibility.

All it takes to get started at the Whole Health Clinic is a phone call to 520-694-1234 to schedule your first appointment. At that appointment, we will work with you on a treatment plan and start connecting you with services. Taking care of yourself and health care is difficult – we want to help you.

