

## Three reasons medical professionals hesitate to seek behavioral health treatment . . . and the facts behind why they shouldn't.

1. *“I want to get help but I’m not sure what I need. It’s quicker, easier, etc. to pay privately for treatment.”*

**FACT:** BSWH has a robust menu of behavioral health services available to you and your family to address any need. See our [mental health flyer](#) for options.

2. *“I don’t want to access treatment through my insurance, BSWH system as my records will be visible to anyone accessing Epic (colleagues, manager, etc.).”*

**FACT:** Behavioral health records are “behind the glass” in Epic. Anyone accessing these types of records must disclose who they are and what the reason is for accessing this information. This is monitored and followed up in cases where the role of the employee does not indicate a need for such access.

3. *“The Texas Nursing Board requires me to attest if I have been diagnosed with a mental health condition in the last five years.”*

**FACT:** In July 2020, the Board of Nursing (BON) approved replacing that question with “Are you currently suffering from any condition for which you are not being appropriately treated that impairs your judgment or that would otherwise adversely affect your ability to provide proactive nursing in a competent, ethical, and professional manner?”

The BON agreed that the previous question created an undue burden on nurses and further stigmatized accessing needed treatment. Nurses should be encouraged to get the help needed knowing that the BON supports their wellbeing and doing so will not jeopardize their license.