



Welcome to Gilman Behavioral Health!

I would like to thank you for choosing Gilman Behavioral Health and formally welcome you to your choice for receiving psychiatric care. I am very happy you chose me as your psychiatric provider, and I strive to provide the highest quality care. Here, you will receive superior client centered care. I offer the highest quality outpatient psychiatry services using the latest technologies and evidenced-based practices, and am located in the beautiful New Hampshire. I believe that each client is a unique individual with diverse experiences that raise the caliber of our society and lives.

**This is not an urgent care or emergency service. Therefore, if you have an emergency or urgent situation, call 911 or visit your closest emergency room immediately.**

Gilman Behavioral Health welcomes people of all ages for outpatient treatment. I treat individuals with various mental health conditions across the lifespan, including childhood disorders, depression, anxiety, OCD, body dysmorphia, PTSD, psychotic disorders, and geriatric disorders. Gilman Behavioral Health also welcomes LGBTQ people and their families. You have the option of meeting me face-to-face or via telepsychiatry. I welcome clients from all backgrounds, genders, and cultures and wish to be your primary choice for psychiatric care for you and your family.

Psychiatric medications are critical for many clients to relieve symptoms of psychiatric conditions. Please keep in mind that medications work differently for each individual. My goal is to provide the right medication for you as efficiently as possible. Therefore, I may recommend genetic testing. Medications will be prescribed that will be agreed upon by you and myself as indicated by your diagnosis.

An important concept about Gilman Behavioral Health is that clients enjoy 100% self-scheduling that is available up to 24 hours before an appointment time within the client portal. Clients are responsible for scheduling follow-up appointments. Clients are in complete control of scheduling. I offer the option of you receiving multiple email and text message reminders to help you remember appointment times. I even offer telehealth. Also, the Professional Fee Schedule is always transparent and available on my website for those who have out of network insurance or prefer not to use insurance.

**Please save a copy of this letter to have easy access to information and links to make your access easier. Please also review my website, FAQ's, and policies to be sure that you don't experience any unnecessary surprises when you are receiving my services.**

Client Website: <https://www.GilmanBehavioralHealth.com>

Client Portal: <https://gilmanbehavioralhealth.clientsecure.me/>

Email: [Adam@GilmanBehavioralHealth.com](mailto:Adam@GilmanBehavioralHealth.com)

I am happy you chose Gilman Behavioral Health for your healthcare services and look forward to providing you high quality services.

Sincerely,

Adam Gilman, MSN, PMHNP-BC