

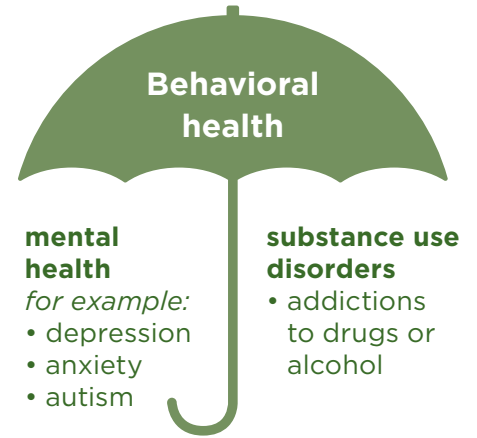
Understanding Your Behavioral Health

Behavioral health (BH) is an umbrella term. It includes mental health conditions and substance use disorders (SUD). SUDs are also called “addiction”.

Mental health conditions affect your mood, thinking, and actions.¹ Some well-known mental health conditions are depression, anxiety, and autism.

SUDs happen when a person uses drugs and/or alcohol in a way that affects their daily life. For example, a person who often shows up late to work after using alcohol or drugs may have a SUD.

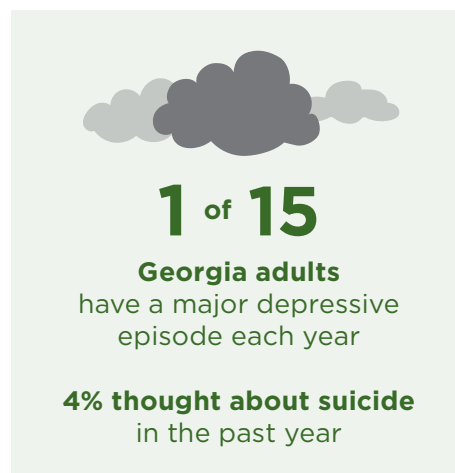
When a person has a mental health condition and a SUD, it may be called a co-occurring disorder.



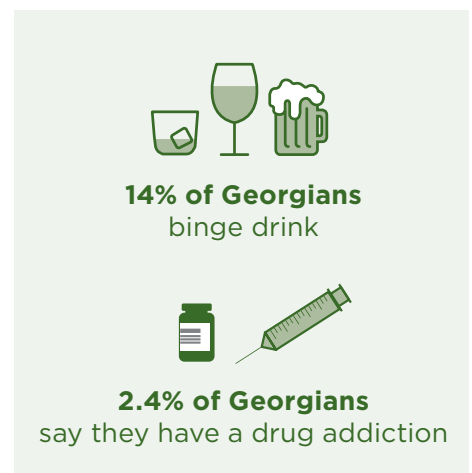
Behavioral health (BH) conditions are common and treatable



BH conditions are common. More than 1 in every 6 Georgians report having a mental health condition each year.² However, only one-third of Georgia adults with mental illness receive the help they need.³



One out of every 15 Georgia adults have a major depressive episode each year. Four percent (4%) say they have thought about suicide in the past year.⁴



Fourteen percent (14%) of Georgians say they binge drink. Roughly two percent (2.4%) of Georgians say they have drug addiction.⁶



It is important to recognize the signs ⁷

Early identification, diagnosis and treatment can help you or someone you love to maintain their quality of life and daily activities. Each BH condition has its own symptoms, but common signs of mental illness in adults can include:

1. Feeling very sad or low
2. Confused thinking or problems concentrating and learning
3. Mood swings you can't control
4. Avoiding friends and social activities
5. Changes in sleeping or eating habits
6. Heavy or frequent use of substances like alcohol or drugs
7. Many physical problems that can't be explained
8. Unable to do daily activities. Unable to handle daily problems and stress.
9. Thinking about suicide
10. Difficulties understanding or relating to other people

One or a few of these signs alone may not point to a mental health or substance use issue. Talk to your doctor or mental health provider if you think you have symptoms of a behavioral health condition.

How to find behavioral health services for adults in Georgia

You may want to look for additional help if you or someone you know is having problems with behavioral health. Your pathway to care will depend on what kind of health insurance you have.

Resources for:	The group that can help you find the services you need	How to find the behavioral health services that you may need
Uninsured adults	Georgia Department of Behavioral Health & Developmental Disabilities	Call or visit the Georgia Crisis & Access Line at 1-800-715-4225 (available 24/7) or mygcal.com
Parents who are covered by Georgia Families Medicaid (through Amerigroup, Peach State, WellCare, or CareSource)	Your Medicaid provider (Amerigroup, Peach State, WellCare, or CareSource)	Call or go online to your Medicaid provider directory
Adults with disabilities and seniors who have SSI Medicaid	Georgia Department of Behavioral Health & Developmental Disabilities	Call or visit the Georgia Crisis & Access Line at 1-800-715-4225 (available 24/7) or mygcal.com
Adults with private health insurance coverage	Your health insurer	Call or go online to find your provider directory. You can find the website and phone number on the back of your insurance card.

More Information

If you want more information about mental health or substance use, or if you or a loved one needs further support, these resources may help:

Mental Health America of Georgia

For general information, visit mhageorgia.org

For additional resources, visit mhageorgia.org/getting-help

National Alliance of Mental Illness, Georgia

Visit namiga.org

Georgia Department of Behavioral Health & Developmental Disabilities

Visit dbhdd.georgia.gov

Georgia Council on Substance Abuse CARES line

People in long term recovery provide support for people in or seeking recovery from substance use disorders

Call or text 844-326-5400

Endnotes:

1. <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>
2. <https://www.kff.org/other/state-indicator/adults-reporting-any-mental-illness-in-the-past-year/?dataView=1¤tTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>
3. https://www.samhsa.gov/data/sites/default/files/Georgia_BHBarometer_Volume_4.pdf
4. <https://www.kff.org/other/state-indicator/adults-reporting-having-serious-thoughts-of-suicide-in-the-past-year/?dataView=1¤tTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>
5. <https://oasis.state.ga.us/oasis/brfss/qryBRFSS.aspx>
6. <https://www.kff.org/other/state-indicator/individuals-reporting-illicit-drug-dependence-or-abuse-in-the-past-year/?dataView=1¤tTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>
7. <https://www.nami.org/Learn-More/Know-the-Warning-Signs>