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. 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

1 of 6 Georgians report mental health

One third receive help

1 of 15 Georgia adults have a major depressive episode each year

4% thought about suicide in the past year

14% of Georgians binge drink

2.4% of Georgians say they have a drug addiction

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

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.

Fourteen percent (14%) of Georgians say they binge drink. Roughly two percent (2.4%) of Georgians say they have drug addiction.
It is important to recognize the signs

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.

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

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Endnotes:


2. [https://www.kff.org/other/state-indicator/adults-reporting-any-mental-illness-in-the-past-year/?dataView=1&currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%22%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D](https://www.kff.org/other/state-indicator/adults-reporting-any-mental-illness-in-the-past-year/?dataView=1&currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%22%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D)


4. [https://www.kff.org/other/state-indicator/adults-reporting-having-serious-thoughts-of-suicide-in-the-past-year/?dataView=1&currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%22%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D](https://www.kff.org/other/state-indicator/adults-reporting-having-serious-thoughts-of-suicide-in-the-past-year/?dataView=1&currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%22%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D)

5. [https://oasis.state.ga.us/oasis/brfss/qryBRFSS.aspx](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&currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%22%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D](https://www.kff.org/other/state-indicator/individuals-reporting-illicit-drug-dependence-or-abuse-in-the-past-year/?dataView=1&currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22georgia%22:%7B%22%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](https://www.nami.org/Learn-More/Know-the-Warning-Signs)