Your Guide to Behavioral Health

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/your-guide-to-behavioral-health/

Summary: This guide is designed to give basic information about behavioral health and how it differs from mental health. The guide focuses on what behavioral health encompasses and what can be addressed using behavioral health therapies.

Application: This resource provides examples of behavioral health therapies and practices with descriptions and who can benefit from each type. The guide suggests seeking help finding resources through a doctor, insurance provider or SAMSHA.

Source: Healthline

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