

# Normalize the conversation.

## What is Behavioral Health?

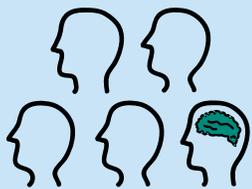
Behavioral health is a term used for:

- Mental health conditions
- Addiction diseases
- Substance use
- Other conditions related to the mind that can have a negative impact on day-to-day life

Whole health starts with the mind. Behavioral health help and resources are available for those struggling with addiction, anxiety, depression or any number of behavioral health conditions. Become healthier from the inside out.

### Break the stigma. You are not alone.

Behavioral health conditions are common, and there is no shame in getting help for these conditions. Conditions related to the mind can be treated – should be treated – just like heart-related conditions, diabetes or other illnesses.



**One in five** adults in America will experience a diagnosable mental health condition.

### People with depression

are 40% more likely to develop cardiovascular (heart) and metabolic diseases (such as type 2 diabetes) than those without depression.



**Mood disorders** (such as depression and bipolar disorder) are the most common reason for hospitalization in the U.S. for people under age 45.



**Suicide** is the second leading cause of death among Americans aged 10-35.

Source: National Alliance on Mental Illness (NAMI)

[normalizetheconversation.com](http://normalizetheconversation.com)

If you or someone you love is struggling, speak with someone. For behavioral health resources or to find a provider covered under your plan, go to [arkansasbluecross.com/bh](http://arkansasbluecross.com/bh).



Common behavioral health conditions include:

CONDITION	COMMON SYMPTOMS
<b>Anxiety</b>	<ul style="list-style-type: none"> <li>▪ Feeling nervous, restless or tense</li> <li>▪ Feelings of danger, panic or doom without an immediate threat</li> <li>▪ Increased heart rate</li> <li>▪ Breathing heavy or fast</li> <li>▪ Sweating, trembling or weak</li> <li>▪ Trouble thinking clearly or without worry</li> </ul>
<b>Depression</b>	<ul style="list-style-type: none"> <li>▪ Feeling anxious, hopeless, sad or angry that does not go away</li> <li>▪ Loss of interest in activities that bring enjoyment; self isolation</li> <li>▪ Overeating or loss of appetite leading to weight gain or loss</li> <li>▪ Sleeping a lot</li> <li>▪ Disturbing thoughts, thoughts of harming self or others or suicidal ideation</li> </ul>
<b>Bipolar disorder</b>	<ul style="list-style-type: none"> <li>▪ Manic episodes ranging from elevated mood, high-energy and reduced sleep to deep depression with sadness, disinterest in activities and low motivation</li> <li>▪ Irritability or aggression, engaging in risky behaviors, excessive behaviors or impulsive</li> <li>▪ Unwanted thoughts, delusional thoughts, paranoia</li> <li>▪ Mood episodes can last days or months</li> </ul>
<b>Substance use disorders (tobacco, alcohol, illicit drugs, prescription drug abuse)</b>	<ul style="list-style-type: none"> <li>▪ Overeating or loss of appetite; changes in weight</li> <li>▪ Color changes in the skin, dilated pupils or eye redness, lack of personal hygiene or changes in speech</li> <li>▪ Missing work, school or scheduled activities</li> <li>▪ Disruptive behavior, legal problems, money trouble or relationship/marital trouble</li> <li>▪ Irritability, causes arguments or becomes defensive</li> <li>▪ Unable to deal with stress or emotions</li> <li>▪ Compulsive, loss of self-control or rationalizing irrational behavior</li> </ul>
<b>Eating disorders (anorexia, bulimia, binge eating, body dysmorphia)</b>	<ul style="list-style-type: none"> <li>▪ Unhealthy changes in weight or unhealthy relationship with food</li> <li>▪ Preoccupied with weight, food, calorie counting, fat intake and dieting</li> <li>▪ Does not want to eat around others</li> <li>▪ Skipping meals or taking small portions at regular meals</li> <li>▪ Obsession with body size, shape or mirrors</li> <li>▪ Feeling faint or dizzy</li> <li>▪ Sleep problems, dental problems and changes in skin and nails</li> <li>▪ Irregular periods for girls/women</li> <li>▪ Excessive exercise</li> </ul>
<b>Severe mental illness (psychosis, schizophrenia)</b>	<ul style="list-style-type: none"> <li>▪ Withdrawal from friends/activities</li> <li>▪ Confusion, hallucinations and delusions</li> <li>▪ False perceptions or beliefs</li> <li>▪ Excessive fears, worries or extreme guilt</li> <li>▪ Extreme tiredness, low energy or problems sleeping</li> <li>▪ Unusual/bizarre behavior</li> <li>▪ Disordered speech/not making sense</li> </ul>
<b>Developmental illness (Autism and ADD/ADHD)</b>	<ul style="list-style-type: none"> <li>▪ Floppy/loose body or limbs, inability to control body or stiff arms/legs</li> <li>▪ Inability to meet developmental milestones</li> <li>▪ Inability to communicate</li> <li>▪ Aggressive behavior</li> <li>▪ Low mood, irritability or anger</li> <li>▪ Attention difficulties</li> <li>▪ Hyperactivity (always on the go)</li> <li>▪ Poor grades, academic performance or job performance</li> </ul>
<b>Self-harm/self-injury</b>	<ul style="list-style-type: none"> <li>▪ The act of harming oneself on purpose to cope with emotional pain, intense anger or frustration often on arms, legs or the front of the torso</li> <li>▪ Appearance of scars, often in patterns</li> <li>▪ Fresh cuts, burns, bruises or other wounds</li> <li>▪ Keeping a sharp object on hand</li> <li>▪ Wearing long sleeves or pants, even in warm weather</li> <li>▪ Frequent accidental injury</li> <li>▪ Difficulty with relationships</li> <li>▪ Impulsive or unpredictable behaviors</li> <li>▪ Feelings of helplessness, hopelessness or worthlessness</li> </ul>

If you or someone you love is struggling with any of these conditions, speak with someone. For behavioral health resources or to find a provider covered under your plan, go to [arkansasbluecross.com/bh](https://arkansasbluecross.com/bh).

