


 blueprint

# Behavioral Health Screenings

## *An easy first step toward help*

73 million adults in our country had a mental health condition or substance use problem in the past year, and the average delay between when symptoms first appear and when treatment occurs is 11 years.<sup>1</sup> A behavioral health screening can help identify the condition and any next steps you can take.

### Why is behavioral health screening important?

A screening is a tool that looks at the possibility of a mental health or substance-use problem. It's not a diagnosis. Your behavioral health screening allows for early identification and help from professionals, which makes treatment more effective.

### What will be asked?

Behavioral health is a broad term that describes both mental health conditions and substance use problems. Usually, you complete the screening on your own. Sometimes a health professional, such as a primary care doctor, will ask the questions directly. Common behavioral health screenings ask about:

- Depression
- Anxiety
- Post-traumatic stress disorder
- Alcohol and other drug use
- Eating disorder
- Bipolar
- Postpartum depression

### What happens next?

After completing a screening, you'll get a list of resources or educational materials about a condition. Sometimes a referral to a mental health professional will be recommended.

### Take an online screening

An online mental health screening is one of the quickest, easiest ways to determine if you should seek help for how you're feeling. Mental Health America has dozens of free screenings to start with.

Visit [screening.mhanational.org/screening-tools](https://screening.mhanational.org/screening-tools) to take a quick screening.



Need to talk to someone? Call **877-801-1159** to speak with a behavioral health expert at Lucet 24/7. Lucet delivers behavioral health help to Arkansas Blue Cross and Blue Shield members.

<sup>1</sup>Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health. SAMHSA.

