

LET'S TALK ABOUT BEHAVIORAL HEALTH

WHAT IS BEHAVIORAL HEALTH?

Behavioral health refers to your mental, emotional, and social well-being, and the actions that affect it.

It includes:

- Mental health & distress
- Suicidal thoughts or attempts
- Substance use & addiction



WHY IT MATTERS



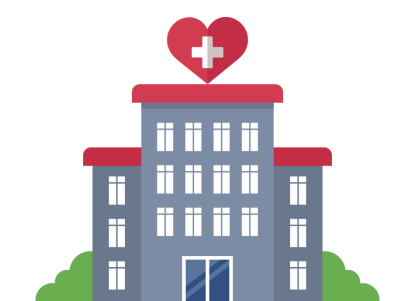
BEHAVIORAL HEALTH = OVERALL HEALTH

It affects how we feel, act, work, and connect with others. Conditions like depression and substance use are common, treatable, and deserve attention like any other illness.

AHCA'S ROLE IN CARE ACCESS

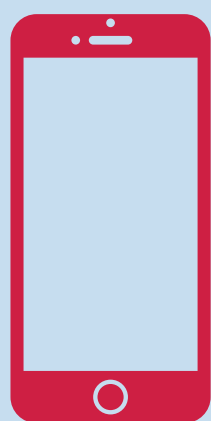
AHCA Licenses:

- 50+ Crisis Stabilization Units (for children, adolescents, and adults)
- 25 Community Mental Health Partial Hospitalization Programs
- 120+ Baker Act Receiving Facilities



We help ensure access to safe, effective, care across Florida.

GET HELP NOW



If you or someone you know is struggling or in crisis, confidential, free, 24/7/365 help is available.

Call or text 988 or chat 988lifeline.org.

PROMOTING BEHAVIORAL HEALTH STARTS WITH AWARENESS – AND ENDS WITH ACTION



Read more at cdc.gov/mental-health