

Transcript for Behavioral Health Waiting Room Video English

What exactly does the term behavioral health mean? Behavioral health includes conditions related to mental health such as depression, anxiety, suicidal thoughts, and drug and alcohol abuse. Health behaviors such as exercising, diet, and taking medications. And social and emotional stress such as the loss of a loved one.

Many people are affected by behavioral health concerns at some point and want support. But feelings of embarrassment often keep them from seeking help. Ignoring behavioral health conditions can lead to serious mental and physical health issues. It's important that you are honest with your doctor and nurse.

When they check your behavioral health during your appointment by asking questions verbally or through a form, your doctor or nurse's questions may be about your stress level, your feelings, and your lifestyle. All of these directly affect your health. Don't be afraid to let your doctor or nurse know if you have the following symptoms. Negative thoughts and feelings, changes in appetite, feeling worried or nervous, sleeping too much or too little, finding daily activities difficult, problems concentrating, trouble with drugs or alcohol, trouble taking medication, higher than normal amount of stress, recently suffered a loss. Your doctor or nurse may offer medication therapy, recommend lifestyle changes like changes to nutrition, exercise, and sleep, or refer you to a specialist.

Recovery from behavioral health conditions is possible with the right help. If you or a family member is dealing with behavioral health issues, talk to the doctor or nurse during your visit today. Your behavioral health matters. Don't be afraid to speak up. Remember you're not alone.

Mind your health, all of it.

Brought to you by the TMF Quality Innovation Network Quality Improvement Organization. Visit www.samhsa.gov to learn more about behavioral health.