**Behavioral Health Landing Page**

**HEADLINE**: Stop the stigma. Start the conversation.

Mental health conditions are common – they are real and they need care. As with any other serious health situation, you are not alone: Talking about it is the first step to taking back your health – and your life.

**SUBHEAD:** Are you concerned about:

* Feeling overwhelmed
* Anxiety
* Depression
* Thoughts of self-harm or suicide
* Drug or alcohol dependence
* Eating disorders
* Postpartum depression
* Abuse
* Trauma/PTSD
* Sleep issues
* Obsession/Compulsion

**SUBHEAD**: Know the Signs

How do you know if you are experiencing more than just a bad day, a phase or a long night out?

Use this [free mental health screening tool](https://screening.mhanational.org/screening-tools/) from Mental Health America; online screening is a fast and simple way to tell if what you’re feeling is a symptom of a mental health disorder. After completing the screening, you’ll have access to information and national resources that can help you understand mental health.

Mental health conditions are treatable. Remember that recovery for you – or someone you love – is possible.

It’s time to stop the silence and start the conversation.

Call, text or chat 988 for 24/7 confidential, immediate support.

**SUBHEAD**: LOCAL RESOURCES *[Optional Information to be added if available in your region]*

There are other resources to help you. Here is a list of mental health and substance use resources:

**Subhead2**: Information/Referral

9-8-8 (if available in your region)

Free and confidential community information and referrals 24 hours a day. Also offers a Crisis Hotline.

Public Health Department Name

Website

Phone

Support Group Name

Website

Phone

**Subhead2**: Mental Health and Substance Use Services

Clinic Name

Website

Phone

Description of Services

Counseling Services Name

Website

Phone

Description of Services

**Subhead2**: Inpatient Treatment

Hospital Name

Website

Phone

Description of Services

Inpatient Substance Use Disorders Services

Facility Name

Website

Phone

Description of Services