What is Behavioral Health and Mental Health?

Behavioral Health has to do with the ways your behavior/habits affect your mental and physical health and wellness.

Mental Health is your general state of well being & state of mind. It has more to do with thoughts and feelings.

Both are health conditions that require your attention.

What is Mental Illness?

Something that disrupts your mental state and interrupts how you feel, think, communicate, and behave.

Crisis Hotlines

National Suicide & Crisis Lifeline
988

Operation SafeHouse What's Up Teen Crisis Line   **Text 844-204-0880**

Riverside Mental Health Crisis
(951) 358-4881

Some Common Behavioral Health Disorders in Adults & Children

- Attention Deficit Hyperactive Disorders (ADHD)

  Inattentive Type

  Hyperactive Type

  Combined Type

- Oppositional Defiant Disorder (ODD) **e.g.** persistent defiance and disobedience towards authority

- Conduct Disorders e.g. Aggression, Temper Tantrums, destruction of property, lying, stealing

- Depression

- Anxiety

- Bipolar Disorder

- Learning Disorders

- Unhealthy Addictions

- Post Traumatic Stress Disorder (PTSD)

Who Gets Mental/Behavioral Health Disorders?

Anyone, any: age, sex, background or ethnicity.

Resources

RUHS Behavioral Health
951-955-3448

Latinos Commission
760-398-9000

Barbara Sinatra Children Center
760-340-2336

Jewish Family Services
760-325-4088

Marsell Consulting
909-323-7100

CARES Hotline
1-800-499-3008

Safehouse of the Desert
760-343-3211

DHS Family Resource Center
760-288-3313

Mecca Family Resource Center
760-863-7860

HOPE Collaborative
951-686-3750

For more resources: 211 or Connectie.org