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| **English** | **Ukrainian** |
| The terms "**behavioral health" and "mental health**" are often used interchangeably. ... **Behavioral health** includes not only ways of promoting well-being by preventing or intervening in **mental** illness such as depression or anxiety, but also has as an aim preventing or intervening in substance abuse or other addictions. Frequently, physical health and mental health issues occur together. For example, people with diabetes or cardiac conditions often develop depression as well. Being able to receive treatment for both conditions can be especially helpful since how we live our lives (behave) and our physical and mental health all interact with each other in complex ways.Ultimately, the goals of behavioral health interventions are similar to those of other primary care treatment: helping people function so they can lead healthier, fuller lives. Receiving both behavioral health and primary care treatment within the same organization can help people continue to work or attend school, to engage with their families, to participate in their communities, and to be able to thrive.One example of how Behavioral Health Services help people is through the treatment of depression. Depression is common, treatable and nothing to be ashamed of. **What are the symptoms of depression?**Depression can occur for many reasons. Some medical conditions can cause depression or make an existing depressed mood worse. Some medications can cause a change of mood. Speak to your doctor if you think a medical condition or medication has changed your mood or behavior.If you experience any of the following, you may be struggling with clinical depression:* Decreased energy level
* Increased or decreased appetite
* Difficulty getting to sleep or staying asleep
* Starting to drink
* Increasing the amount of medications beyond what is prescribed or seeking prescription medications from sources other than your physician
* No interest in doing things that used to give you pleasure
* Turning down or avoiding social situations that you once enjoyed
* Thinking that life is not worth living.
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