

Slide Content_Behavioral Health Awareness

1. Behavioral Health Awareness

1.1 Before We Begin

Before We Begin

- Use the menu to revisit slides you have already seen.
- Read a transcript of the narration for each slide.
- View relevant resources for this module.
- If you would like to mute audio, select the volume control button.
- To turn captions on and off, use the captions button.
- Restart a slide from the beginning when allowed.

To turn on the accessible version of the course, select the accessibility button.

Turn Accessibility ON

The image shows a video player interface with a dark background. At the top, the title "Before We Begin" is displayed. Below the title, there are several instructional callouts in purple boxes with white text and arrows pointing to specific controls. The callouts include: "Use the menu to revisit slides you have already seen." (pointing to a menu icon), "Read a transcript of the narration for each slide." (pointing to a transcript icon), "View relevant resources for this module." (pointing to an upward arrow), "If you would like to mute audio, select the volume control button." (pointing to a volume icon), "To turn captions on and off, use the captions button." (pointing to a CC icon), and "Restart a slide from the beginning when allowed." (pointing to a refresh icon). Below these callouts is a video player control bar with icons for volume, captions, play/pause, progress, refresh, and navigation (PREV, NEXT). At the bottom, there is a button labeled "Turn Accessibility ON" with a person icon, and a text instruction: "To turn on the accessible version of the course, select the accessibility button."

1.2 Welcome

Behavioral Health Awareness

This module is funded by Texas Health and Human Services Commission

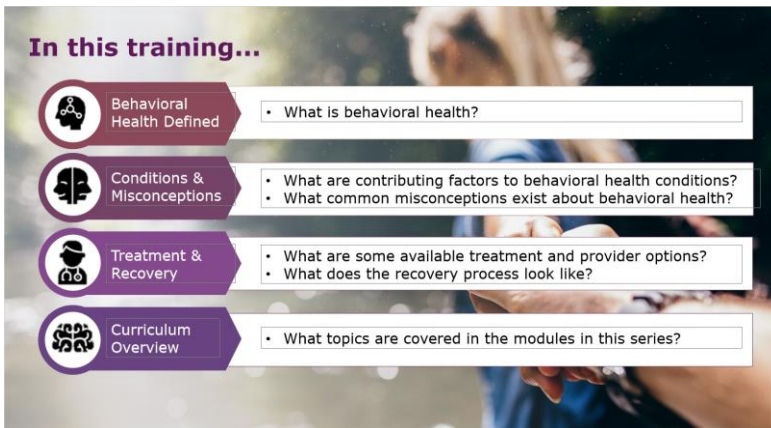
TEXAS Health and Human Services

The image shows a welcome slide for "Behavioral Health Awareness". The background is a scenic landscape with a rocky coastline, a small bay, and a sunset sky. The title "Behavioral Health Awareness" is prominently displayed in white text. Below the title, there is a purple banner with white text that reads "This module is funded by Texas Health and Human Services Commission". In the bottom right corner, there is a logo for "TEXAS Health and Human Services" featuring a star and the state outline.

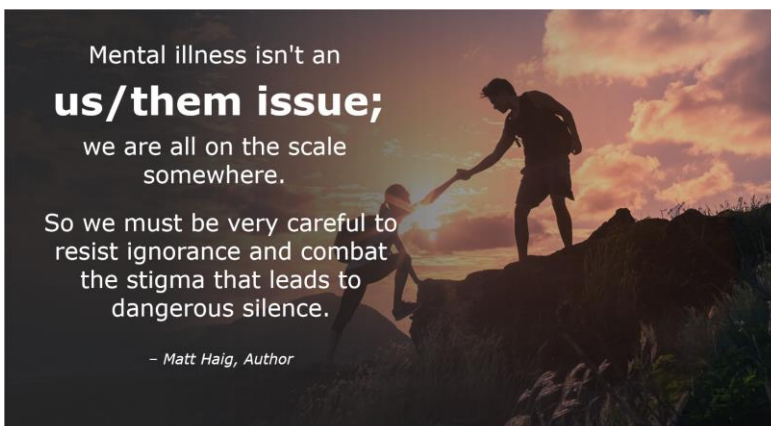
1.3 Did You Know?



1.4 Objectives



1.5 It's All of Us



1.6 What Is Behavioral Health?

What Is Behavioral Health?
Use the slider below to reveal various components that make up a person's behavioral health.

An interactive slider interface. The background is a collage of puzzle pieces in various colors (yellow, orange, red, purple) over a faded image of people walking in a field. A purple arrow on the left points down to a slider bar at the bottom, which has a black circle at the far left end, indicating the current position of the slider.

Mental

Mental (Slide Layer)

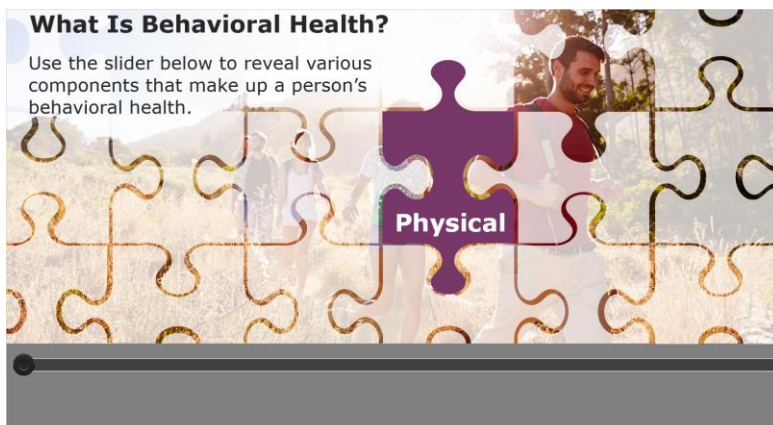
What Is Behavioral Health?
Use the slider below to reveal various components that make up a person's behavioral health.

The same interactive slider interface as above, but the slider bar has moved to the right, revealing a purple puzzle piece with the word "Mental" written on it in white text.

Mental

Physical (Slide Layer)

What Is Behavioral Health?
Use the slider below to reveal various components that make up a person's behavioral health.

The same interactive slider interface as above, but the slider bar has moved further to the right, revealing a purple puzzle piece with the word "Physical" written on it in white text.

Physical

Social (Slide Layer)

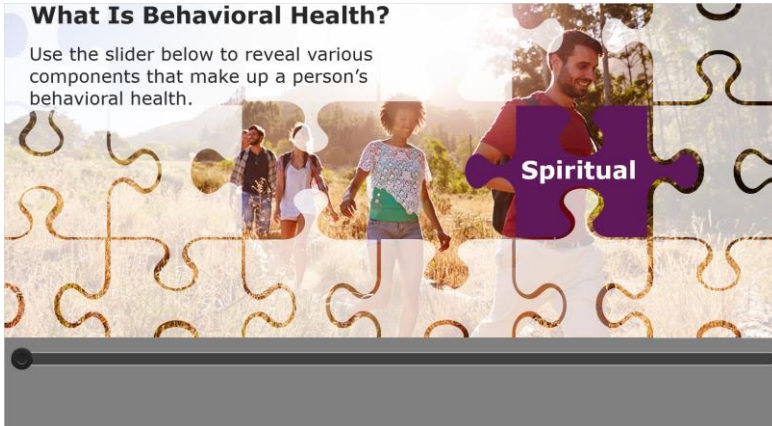
What Is Behavioral Health?
Use the slider below to reveal various components that make up a person's behavioral health.



The slide features a background image of a group of people walking in a field. A large puzzle piece is overlaid on the image, with the word "Social" written on it. The puzzle piece is positioned in the center of the slide. Below the image is a horizontal slider bar with a black dot on the left side.

Spiritual (Slide Layer)

What Is Behavioral Health?
Use the slider below to reveal various components that make up a person's behavioral health.



The slide features a background image of a group of people walking in a field. A large puzzle piece is overlaid on the image, with the word "Spiritual" written on it. The puzzle piece is positioned in the center of the slide. Below the image is a horizontal slider bar with a black dot on the left side.

Diet (Slide Layer)

What Is Behavioral Health?
Use the slider below to reveal various components that make up a person's behavioral health.



The slide features a background image of a group of people walking in a field. A large puzzle piece is overlaid on the image, with the word "Diet" written on it. The puzzle piece is positioned in the center of the slide. Below the image is a horizontal slider bar with a black dot on the left side.

Exercise (Slide Layer)

What Is Behavioral Health?

Use the slider below to reveal various components that make up a person's behavioral health.

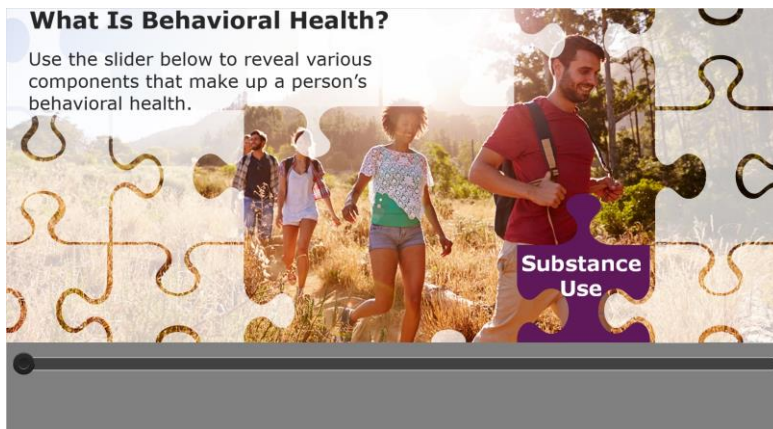


Exercise

Substance Use (Slide Layer)

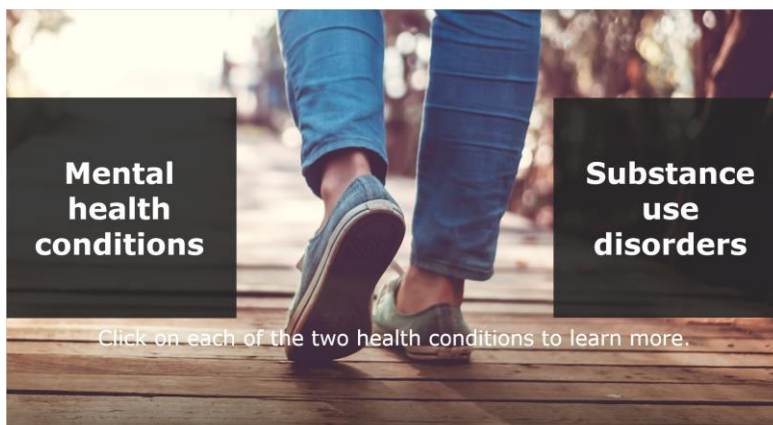
What Is Behavioral Health?

Use the slider below to reveal various components that make up a person's behavioral health.



Substance Use

1.7 Conditions and Disorders



Mental health conditions

Substance use disorders

Click on each of the two health conditions to learn more.

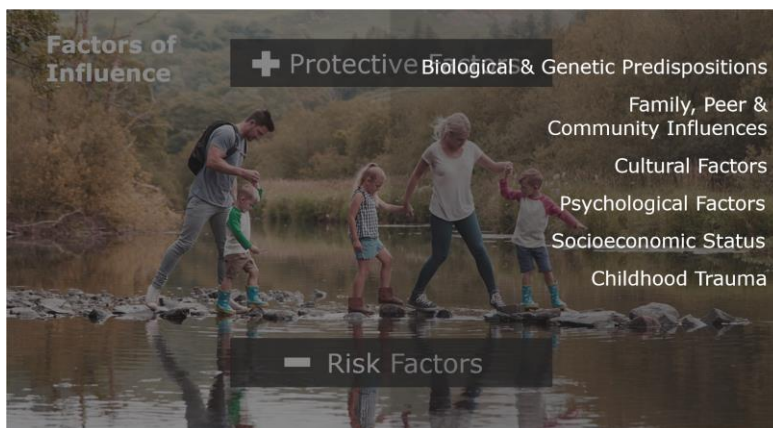
MH Conditions (Slide Layer)



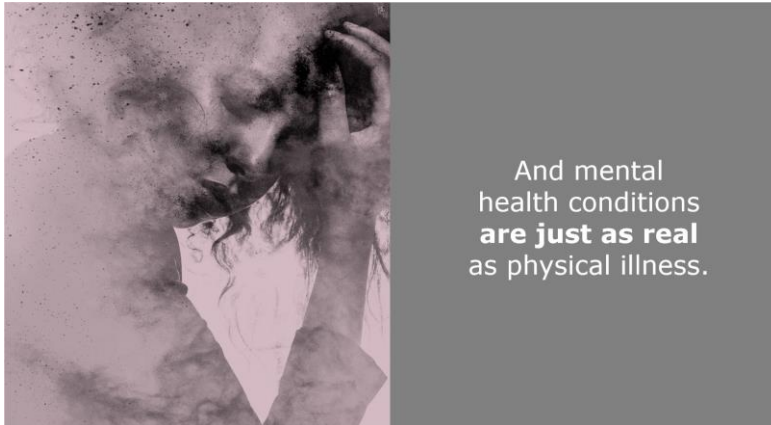
SU Disorders (Slide Layer)



1.8 Factors of Influence



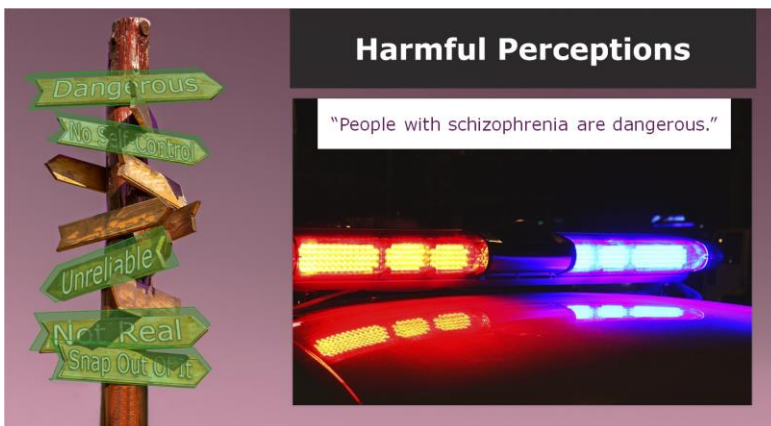
1.9 Misconceptions



1.10 Harmful Perceptions



Dangerous (Slide Layer)



Control (Slide Layer)



Harmful Perceptions



"People who misuse drugs and alcohol have no self-control."

Unreliable (Slide Layer)



Harmful Perceptions



"People with mental health conditions are unreliable."

Not real (Slide Layer)



Harmful Perceptions



"Mental illnesses are not real medical issues."

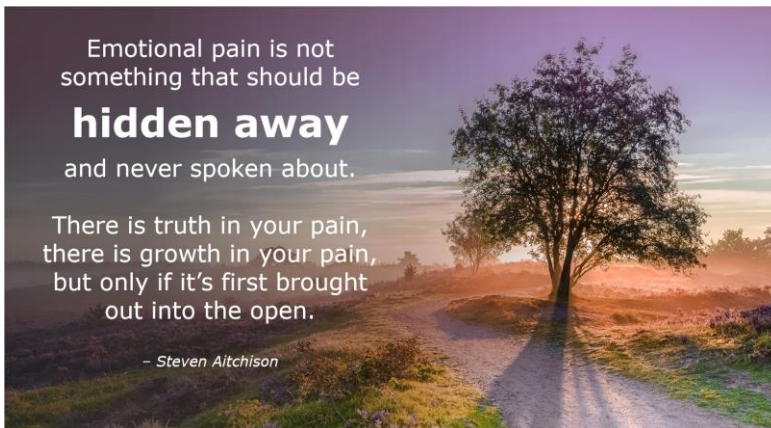
Snap (Slide Layer)



Harmful Perceptions

"People with depression should be able to snap out of it."

1.11 Truth and Growth



Emotional pain is not something that should be **hidden away** and never spoken about.

There is truth in your pain, there is growth in your pain, but only if it's first brought out into the open.

— Steven Aitchison

1.12 Actions You Can Take



Action You Can Take:

Educate Yourself

1.13 Treatment and Provider Options



1.14 Recovery Is a Process of Change



1.15 Recovery Is Cyclical



1.16 Recovery Is Continuous



1.17 Still to Come

Behavioral Health Awareness Series Overview

Here's a list of individual topics you can explore in this series.

- Aging & Behavioral Health
- Anxiety Disorders
- Bipolar Disorders
- Depression
- Psychosis & Schizophrenia
- Serious Emotional Disturbances in Children
- Substance Use Disorders
- Suicide
- Trauma and PTSD

Exit Course →