## Behavioral Health Awareness Campaign

Choose one of these hyperlinks to help determine if you or a loved one are experiencing difficulty with <u>mood</u>, <u>anxiety</u>, troubling <u>thoughts</u>, or <u>behaviors</u> such as <u>substance use</u>.

\*Disclaimer: These mini-self-assessments are for information purposes and are not intended to diagnose or treat you. You should contact a behavioral health professional if indicated.