



Behavioral Health

Behavioral health encompasses mental health, substance use disorders, stressors, life crises, and stress-related physical symptoms. Behavioral health care includes the prevention, diagnosis, and treatment of these conditions.

The World Health Organization (WHO) defines people in good mental health as those who are able to:

- Reaching Your Own Potential
- Managing stress in a healthy way
- Work as a productive and effective firm

Some signs that could indicate that a person needs support to manage their behavior are:



If you need support managing your emotional health, see a mental health specialist, such as a Professional Counselor, Social Worker, or Psychologist. These professionals can provide you with effective strategies to improve your mental well-being.

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Behavior influences health, from how medical treatment is followed to decision-making.

The American Psychological Association (APA) suggests the following recommendations to help you make positive changes in your behavior.

- Make a long-term plan (Lasting plan).
- Start in moderation.
- Change one behavior at a time.
- Involve a partner
- Ask for help in carrying out your plan.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7804

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.cdc.gov/mental-health/es/about/acerca-de-la-salud-del-comportamiento.html>

<https://www.who.int/es/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

<https://www.apa.org/topics/behavioral-health/duraderos>