

FOR: Lighthouse Network
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INTRODUCTION:

Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.

BODY:

Callers to our Helpline sometimes ask, “What does my family doctor mean when he says I have behavioral health issues?” Behavioral Health is a relatively new term used in medicine only over the last 20 years. The word “mental” had negative connotation and stigma attached to it, so the medical community looked for a more positive term that would still accurately describe psychological issues. As the term suggests, Behavioral Health encompasses the way in which people’s emotions and thinking lead to behaviors that adversely affect their wellness. Behavioral Health encompasses addictions and mental health and also integrates medical issues, such as the way in which behaviors impact pain, diabetes, and heart issues, to name a few.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!