



Behavioral health is an essential part of your overall health and wellness. Your behavioral health can affect your physical health, your effectiveness at school or work, your sleep habits, and so much more. At CIFC Health, our team of psychiatrists and counselors are here to diagnose and treat the behavioral health issues that are impacting your life. Seeking treatment for behavioral health

issues can help you live a more fulfilling life and improve your physical wellbeing.

The American Medical Association **defines behavioral health**, "Mental health and substance use disorders, life stressors and crises, and stress-related physical symptoms. Behavioral health care refers to the prevention, diagnosis and treatment of those conditions."

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