



# BEHAVIORAL HEALTH SERVICES

## at Metropolitan Family Services DuPage

We provide a wide range of behavioral health services designed to help empower children, adults, older adults, and families experiencing emotional, cognitive and behavioral challenges, domestic violence, mental illness or family problems.

DuPage Gala | Friday, May 6 | 5-6pm CST | virtual gala | highlighting the impact of our Behavioral Health Services



### What is behavioral health and how is it different from mental health?

**Behavioral health** refers to the relationship between our daily habits (good and bad) and their effect on our physical and mental health.

- Examples include eating habits, exercise routines and alcohol consumption.

**Mental health** is a component of behavioral health, and focuses solely on a person's psychological state.

All mental health issues are part of behavioral health, but not all behavioral health issues are related to mental health.

**Metropolitan DuPage addresses both mental health and behavioral health concerns.**

### EXAMPLES OF ISSUES WE HELP CLIENTS ADDRESS

- Adoption-specific concerns
- Anxiety and/or depression symptoms
- Behavioral issues
- Extreme stress
- Family crisis situations
- Grief and loss
- Major life transitions such as divorce or death of a spouse
- Psychosis
- Stress related to caregiving
- Trauma

### SERVICES CAN INCLUDE

- Therapy/counseling (including outpatient counseling with psychiatric care)
- Case management, crisis intervention and stabilization
- Psychiatric evaluation and care
- Medical care coordination and management
- Drop-in center with support resource specialists
- 24 hour/7 days a week domestic violence hotline



**97.1% of clients shared their overall health improved as a result of MFS services**

### OUR TEAM

Our experienced team of licensed practitioners includes social workers, counselors and psychiatrists. They are trained in evidence-based practices and recovery models to address diverse client needs. Their supportive and caring support maximizes clients' ability to function independently and empowers clients to better handle life's challenges.

### WRAPAROUND CARE TARGETS TOTAL WELLNESS

Metropolitan DuPage partners with clients for total wellness of themselves and their families, providing additional support in education, legal aid and domestic violence services.



**LEARN MORE**  
about accessing or  
supporting our services:

VISIT [www.metrofamily.org/DuPage](http://www.metrofamily.org/DuPage)  
CALL 630-784-4800