

Who We Are

The Boynton Beach Mental Health Committee (BBMHC) works with our community partners to promote education, awareness and access to behavioral health and support services that can enhance mental health, wellness and quality of life.

Know the Signs and Symptoms of Mental Illness and When to Seek Professional Help

Your mental health is just as important as your physical health. Mental health problems are more common than heart disease, lung disease and cancer combined. One out of five adults will experience a diagnosable mental illness in any given year.

It is important to recognize some warning signs of mental illness that may interfere with daily living such as:

- Prolonged feelings of sadness
- Confused thinking or reduced ability to concentrate
- Excessive fears, worries or extreme feelings of guilt
- Frequent mood changes
- Withdrawal from friends and family
- Low energy or problems sleeping
- Significant irritability or impatience
- Problems associated with gambling, food or substance use

Signs and symptoms of mental illness can vary from person to person, depending on the illness, circumstances or other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Learn how to access community resources in order to get the help you need.

If you are worried about hurting yourself or have any thoughts about suicide, you have options:

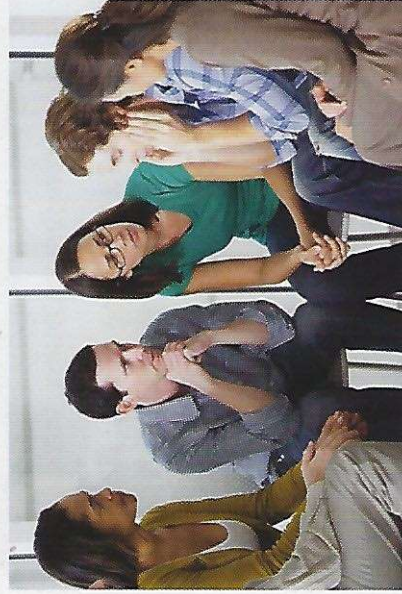
- Call 2-1-1 for the local crisis hotline or text your zip code to 898211
- Call 1-800-273-TALK (National Suicide Hotline)
- Go to the nearest emergency room
- Reach out to a close friend or loved one
- Contact someone in your faith community
- Seek help from your primary care doctor or other healthcare professional

Learn about mental illness

Talk about mental illness, tell your story

Start the conversation—at home, at work, in your faith community

Break the Silence in Boynton Beach!



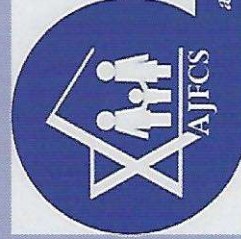
**It is OK to ask for help.
You are not alone.**



You can be the help that someone needs!

Take an 8-hour training course delivered by nationally certified Palm Beach County Mental Health First Aid instructors.

Call 561-238-0251



Helping a Loved One

If your loved one shows signs of mental illness, have a discussion with him or her about what you have observed. Offer to find a qualified mental health provider, make an appointment and offer to go with your loved one for encouragement and support.