



# HealthyMindsPhilly.org

A website with your health in mind.

Healthy Minds Philly is a public health resource for all Philadelphians.

About 25% of adults and 20% of children experience a behavioral health disorder. The Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) has partnered with Screening for Mental Health, Inc. (SMH) to offer *Healthy Minds Philly*, a virtual resource designed to provide awareness and education on behavioral health issues and to offer helpful information. It is available 24 hours a day, 7 days a week.

*Healthy Minds Philly* is home to quick, free and anonymous “check-up from the neck up” screenings so Philadelphians can find out about their own mental and emotional well-being. It is also where you can learn about Mental Health First Aid, a training that teaches the skills needed to identify and respond to signs of behavioral health challenges; a community event calendar where you can also request support from the DBHIDS or have your community event promoted; a blog that covers a variety of wellness topics; a comprehensive resource list to help Philadelphia connect to the right health services; and access to a variety of wellness tools and information.

Check out [HealthyMindsPhilly.org](http://HealthyMindsPhilly.org) and...

*Help Yourself,  
Help Others*

For more information contact:  
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215.685.3755

**“I find this site to be incredibly useful. Philadelphia needs this.”**

-Community Member