



## How are you feeling? We'll get you on the right track

Behavioral health is a key part of your overall health.  
Bryan Behavioral Health Services offers an online screening for:

- Depression
- Anxiety
- Alcohol Use
- Bipolar disorder (manic depression)
- Post-traumatic stress disorder (PTSD)
- Psychosis

**Go to:**

[bryanhealth.org/mental-health](http://bryanhealth.org/mental-health)



### My Companion New Mental Health App for Youth

*My Companion* is a helpful and positive mental health resource for youth in our community to help prevent suicide.

**THIS APP ALLOWS YOU TO:**

- Log daily reflections
- Input contacts who could be reached in an emergency
- Access resources
- Submit anonymous tips
- Easily reach hotlines

Bryan Behavioral Health Services  
Bryan West Campus

2300 S. 16th St.  
Lincoln, NE 68502  
402-481-5991

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NEBRASKA STATE  
SUICIDE PREVENTION  
COALITION