

Podcast Title: The Science of Behavioral Health

Host: Chris Harrison

Guest: Mary Garrison, President & CEO of Heritage Behavioral Health Center in Decatur, IL

Show Description: This week on *The Main Points Podcast*, host Chris Harrison sits down with Mary Garrison, President & CEO of Heritage Behavioral Health Center in Decatur, IL. In this heartfelt and timely conversation, Chris and Mary talk about what it means to be more human in how we approach mental health, both in ourselves and in others. They discuss how people access help, the challenges of asking for it, and why recognizing when someone is struggling isn't always easy. Whether you're supporting someone or seeking support yourself, this episode offers real insight and encouragement.

Topics Covered:

- The Importance of Empathy and Compassion in Everyday Interactions
Learn how simple acts of kindness, active listening, and suspending judgment can create safe environments for people to open up.
 - *Healthy Step:* Practice mindful listening—give your full attention when someone is speaking, and validate their feelings without immediately offering solutions.
- The Hidden Signs of Mental Health Struggles
Mental health challenges don't always look like sadness or anxiety; they can show up as irritability, isolation, or changes in sleep or appetite.
 - *Healthy Step:* Check in with friends and loved ones regularly, especially if you notice subtle behavioral shifts.
- How Individuals Can Access Behavioral Health Support in Decatur
Mary shares how Heritage Behavioral Health and other local organizations provide a variety of services to meet different needs.
 - *Healthy Step:* Visit www.heritagenet.org to learn about available programs and take the first step toward support.

- The Stigma Around Asking for Help—and How to Overcome It
Many people delay or avoid getting help due to fear of judgment or shame.
 - *Healthy Step*: Normalize mental health conversations in your circles. Saying "I'm not okay" is a strength, not a weakness.
- The Evolving Landscape of Mental Health Care and Community Resources
The conversation highlights progress in accessibility, innovation, and community awareness.
 - *Healthy Step*: Stay informed on local and online mental health services and share them within your network.

Resources & Links:

- Heritage Behavioral Health Center: www.heritagenet.org
- National Alliance on Mental Illness (NAMI): www.nami.org
- Mental Health America: www.mhanational.org

Follow The Main Points Podcast:

- Instagram: [@mainpointspodcast](https://www.instagram.com/mainpointspodcast)
- Facebook: [Main Points Podcast](https://www.facebook.com/MainPointsPodcast)