

INTRODUCTION TO BEHAVIORAL HEALTH

Explore the Heart of Healing —
Discover Your Path in Behavioral Health!

“The knowledge and skills I’ve gained throughout the duration of this course have most definitely shaped my future career path.” -Neha Shukla, UCLA



WHO SHOULD APPLY

Graduating high school seniors who are curious about careers in behavioral health and mental health professions.

COURSE OVERVIEW

Earn transferable general elective credit while exploring different areas of the behavioral health field.

FORMAT

In-person instruction

LOCATION

Loma Linda University campus

SCHEDULE

Mon.–Thurs., 9 AM–12 PM and 1–3 PM daily

WHAT YOU’LL LEARN

- Foundational knowledge, practical skills, and career options within behavioral health
- Exposure to fields such as primary care psychology, neuropsychology, child psychotherapy, and medical family therapy
- Evidence-based approaches for addressing depression, anxiety, substance use, sleep challenges, stress, resilience, and self-care

FACULTY

Courses are taught by experienced Loma Linda University professionals, including psychologists, marriage and family therapists, and social workers.

COST AND CREDIT

2 free college quarter units. Loma Linda University is offering this no-cost course to help you explore whether a future in behavioral health is right for you.

HOW TO APPLY

Space is limited — early registration is encouraged. Scan the QR code or visit sbh.llu.edu/academics to learn more.



Scan the QR code
to learn more and
apply!

