



KANE COUNTY
MENTAL HEALTH COUNCIL

making a difference ...together



Message of the Month October, 2012

www.kanecountymentalhealth.org

Kane County Mental Health Council

- The Association for Individual Development
630-966-4000
- Aunt Martha's Youth Service Center
630-859-6562
- Delnor Community Hospital
630-208-3000
- Ecker Center for Mental Health Services
847-695-0484
- Family Counseling Service of Aurora
630-844-2662
- Family Service Association of Greater Elgin Area
847-695-3680
- Gateway Foundation/Aurora
630-966-7400
- Greater Elgin Family Care Center
847-608-1344
- Kane County Health Department
630-208-3801
- Larkin Center
847-695-5656
- League of Women Voters
630-365-2138
- INC Board
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc.
630-896-6264
- National Alliance on Mental Illness-Kane County
847-931-4715
- Provena Mercy Medical Center
630-801-2657
- Provena St. Joseph Hospital
847-931-5521
- Senior Services Association
847-741-0404
- Suicide Prevention Services
630-482-9696
- TriCity Family Services
630-232-1070
- VNA Health Care
630-978-9835

Time to celebrate rise in awareness

National Mental Illness Awareness Week, October 7-13, 2012 provides an opportune time to call attention to, celebrate, and promote the recent programs and initiatives designed to educate the public about serious mental illness.

- Former U.S. Surgeon General, David Satcher, Morehouse School of Medicine, teamed up with the National Football League (NFL) to educate and fight stigma in an initiative called, *NFL Community Huddle: Taking a Goal Line Stand for Your Mind and Body*. The National Baseball League (NBL) followed with their initiative, *Stepping Up to the Plate*;
- The U.S. military has taken steps to educate and insure that treatment programs for Post-Traumatic Stress disorder and other mental disorders are available;
- Faith-based support and educational initiatives are on the rise;
- Many colleges now offer counseling and support groups for students who are experiencing the symptoms of mental illness;
- Children and Adolescent support programs in junior and high schools are growing;
- *Mental Health First Aid* is a new 12-hour education program designed for Individuals who desire to become mental health first-aid responders;
- The Media are bringing to the public some success stories of individuals living with mental illness rather than just the unfortunate and discouraging stories of untreated mental illness.

The benefits of ongoing efforts to educate and promote public awareness of mental illness are far-reaching. The rise in mental illness programs can not only reduce stigma but positively influence funding of critical national and state programs and result in faster and more effective responses to mental health disorders. Let's all help in some way to get the word out!

Katie Petray

Info Corner:

[Building Awareness: Mental Illness' Special Week](#) NAMI

[Public Awareness](#) SAMSHA