



making a difference ...together



MENTAL ILLNESS. WHAT A DIFFERENCE A FRIEND MAKES.

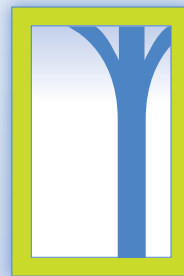
When a friend tells you they have been diagnosed with a mental illness, it can be a little awkward. You may not know what to say or do.

It begins innocently enough. You don't return a phone call. You break a date at the last minute. It's the beginning of a pattern. And soon your friend with a mental illness realizes you're avoiding them.

What if you knew that your friendship was a key to their recovery? Would you still lock them out of your life?

Be there for your friend. Your support and understanding will give them a much greater chance of recovery.

For more information on how to help a friend dealing with a mental illness, go to www.whatadifference.org.



**KANE COUNTY
MENTAL HEALTH COUNCIL**

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For more information on resources in Kane County, please call:

**Northern Kane County: 847-697-2380
Southern Kane County: 630-966-9393**