

making a difference ...together



Mental illness is treatable. Tell a friend.

When a friend is having difficulty managing daily life, it could be mental illness. Mental illness isn't anyone's fault. It's a medical condition like any other health problem. Many mental illnesses are caused by biochemical disturbances in the brain, and others are triggered by exposure to extremely stressful events.

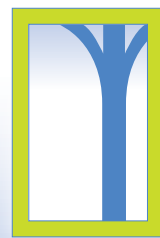
One in five families will experience a mental illness at some point in their lives, and more than two thirds of people living with a mental illness do not seek treatment.

Treatment makes a difference!

In fact, treatments for mental illnesses are at least as successful as those for physical illnesses such as heart disease.

Be a friend by helping a friend. Start a conversation with someone you are concerned about and encourage them to seek help by calling or seeing their family doctor. It's that easy.

Learn to see mental illness like any other health problem. For more information on how to help a friend dealing with 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