



Making A Difference... together



The Association for Individual Development
(630) 966-4000

Aunt Martha's Health & Wellness
(630) 859-6562

Breaking Free (630) 897-1003

Changing Children's Worlds Foundation
(630)-909-9411

Community Crisis Center
(847) 697-2380

Ecker Center for Mental Health
(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

INC Board (630) 892-5456

Kane County Health Department
(630) 208-3801

Kuhn Counseling Center P.C.
(630)879-1091

Lazarus House (630) 587-2144

Linden Oaks Behavioral Health
(630)-646-5200

National Alliance on Mental Illness, Kane-South,
DeKalb, and Kendall Counties
(630) 896-6264

National Alliance on Mental Illness
Kane County North
(847) 410-9719

Northwestern Medicine Behavioral Health
(630) 933-4000

Open Door Health Center
(847) 695-1093

Presence Mercy Medical Center
(630) 801-2657

Presence St. Joseph Hospital
(847) 931-5521

Renz Addiction Counseling Center
(847) 742-3545

Senior Services Associates (847) 741-0404

TriCity Family Services (630) 232-1070

VNA Health Care (630) 892-4355

NAMI, Mental Health Month and Curing Stigma

Each year, millions of Americans face the reality of living with a mental illness. During May, **NAMI (National Alliance on Mental Illness)** and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Why this cause is important:

- One in 5 Americans is affected by mental health conditions.
- Stigma is toxic to their mental health because it shames them into silence. It prevents them from seeking help. And in some cases, it takes lives.
- There is good news. Stigma is 100% curable.
- Compassion, empathy and understanding are the antidote. Your voice can spread the cure.
- The perception of mental illness won't change unless we act to change it.

Please join us. Take the Stigma Free Pledge at:

[www.nami.org/Get-Involved/Take-the-stigmafree-Pledge/Stigmafree -Me/StigmaFree-Pledge](http://www.nami.org/Get-Involved/Take-the-stigmafree-Pledge/Stigmafree-Me/StigmaFree-Pledge)

Together we can #CureStigma

Laurie Huske, Board President, NAMI Kane County North

Info Corner

www.nami.org (National)

www.namikcn.org (Northern Kane County)

www.namikdk.org (Southern Kane, DeKalb and Kendall County)



Hacer Una Diferencia.... **juntos**



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NAMI, Mes de la Salud Mental y Curando el Estigma

Cada año, millones de Americanos enfrentan la realidad de vivir con una enfermedad mental. Durante Mayo, **NAMI (Alianza Nacional de Enfermedades Mentales)** y el resto del país está creando conciencia sobre la salud mental. Cada año luchamos contra el estigma, proveemos apoyo, educamos al público y abogamos por políticas que apoyen a las personas con enfermedades mentales y sus familias.

Por qué esta causa es importante:

- Uno de cada 5 Americanos es afectado por las condiciones de salud mental.
- El estigma es tóxico para su salud mental porque los avergüenza en silencio. Les impide buscar ayuda. Y en algunos casos, toma vidas.
- Hay buenas noticias. El estigma es 100% curable.
- La compasión, la empatía y la comprensión son el antídoto. Su voz se puede propagar la cura.
- La percepción de la enfermedad mental no cambiará a menos que actuemos para cambiarla.

Por favor, únase a nosotros. Tome la promesa de Estigma Gratis en:
www.nami.org/Get-Involved/Take-the-stigmafree-Pledge/StigmaFree-Me/StigmaFree-Pledge

Juntos podemos #CureStigma

Laurie Huske, Presidente de la Junta, NAMI Condado de Kane del Norte

Esquina de la información

www.nami.org (Nacional)

www.namickn.org (Condado de Kane del Norte)

www.namikdk.org (Condados de Kane del Sur, DeKalb y Kendall)

www.wesupportmentalhealth.org



We Support Mental Health



@KCMentalHealth