



**KANE COUNTY  
MENTAL HEALTH COUNCIL**  
*making a difference ...together*

# Message of the Month...

*For February, 2008*

## Kane County Mental Health Council

- The Association for Individual Development  
630-966-4000
- Aunt Martha's Youth Service Center  
630-859-6562
- 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
- Kane County Health Department  
630-208-3801
- Larkin Center 847-695-5656
- League of Women Voters  
630-365-2138
- Mental Health & Mental Retardation Services, Inc.  
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- Provena Mercy Medical Center  
630-801-2657
- Provena St. Joseph Hospital
- Suicide Prevention Services 630-482-9696
- TriCity Family Services  
630-232-1070
- Greater Elgin Family Care Center 847-608-1344
- Visiting Nurse Association of Fox Valley 630-978-2532
- Senior Services Association  
847-741-0404
- Delnor Community Hospital  
630-208-3000

## **KCMCH monthly message aims to 'make a difference'**

You are receiving this Message of the Month because of your service in the mental health community. Once a month, the Awareness Committee of the Kane County Mental Health Council will issue a Message of the Month to highlight specific issues of mental health, with the goal that all of us working together can "make a difference." These messages will be distributed via e-mail to stakeholders, community partners and the media as we hope to eliminate the stigma attached to mental illness, raise awareness that mental illness is treatable and provide options for those seeking services. The KCMHC is a coalition of 19 Kane County mental health service agencies whose members are listed to the left. Please share our future messages with clients and community groups so we can spread the word about the good work we are doing. Along with this message please find the Council's brochure to provide you with more information. Thank you for taking the time to read our Message of the Month and look forward to the messages to come.

Together, we *can* make a difference!

### **Info corner:**

In this space we will bring you a monthly definition of a clinical diagnosis/mental illness as a way to both familiarize and inform readers. For example, the World Health Organization defines "depression" as "a common mental disorder with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration."

Helpful link: [www.samsha.gov](http://www.samsha.gov)