



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

*Message of  
the Month...  
For April, 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 630-978-9835
- Senior Services Association  
847-741-0404
- Delnor Community Hospital  
630-208-3000

## Reaching Out to Those Who Need Help

If you work with people on a daily basis, are part of an extended family, or have multiple circles of friends and acquaintances, you can be a “mover and a shaker” in the mental health field. While we rely upon trained professionals (counselors, therapists, social workers, etc.) to treat persons with mental illness, it can be the family member, family physician or a friend who is instrumental in helping a person seek and receive treatment.

A person with mental illness is sick, just like the person with cancer or diabetes. Just as you would comfort and aid a person with an obvious physical illness, we are asking everyone to help persons with mental illness get treatment, because it works!

To echo the message from SAMHSA, “Friends can make a difference.” ([www.whatadifference.org](http://www.whatadifference.org))  
Be a friend and help us make a difference.

### Info Corner:

“Mental Illness:” a health condition that changes a person’s thinking, feelings, or behavior (or all three) and that causes the person distress and difficulty in functioning. --National Institute of Mental Health ([www.NIMH.NIH.GOV](http://www.NIMH.NIH.GOV))