



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

*Message of  
the Month...  
For August, 2008*

### Kane County Mental Health Council

- The Association for Individual Development  
630-966-4000
- Aunt Martha's Youth Service Center  
630-859-6562
- Delnor Community Hospital  
630-208-3000
- 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
- Greater Elgin Family Care Center 847-608-1344
- 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  
847-931-5521
- Senior Services Association  
847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services  
630-232-1070
- Visiting Nurse Association of Fox Valley 630-978-9835

## The importance of coping techniques

A chronic illness is one that lasts for a very long time, at least three months or more, and often cannot be cured completely. It needs to be managed on a long-term basis by the person as well as by his medical professionals and caregivers. Chronic illness can be episodic, fluctuating or progressive, or a combination of all three and can gradually worsen over time. Some examples of chronic illness are: diabetes, cancer, stroke, heart disease, kidney disease, HIV/AIDS, lupus, multiple sclerosis, Parkinson's disease, Crohn's disease, asthma, fibromyalgia.

Chronic illness can have a profound impact on a person's psychological, social and emotional well being, affecting independence, privacy, daily activities, and relationships. Chronic illness may require adapting and adjusting to new physical limitations and special needs. These changes can cause a deep sense of loss resulting in denial, anger or frustration, depression, guilt, anxiety, helplessness, loneliness, and reduced enjoyment of life. A person may have a tendency to become preoccupied with loss, withdraw from others, and increase use of medication, alcohol or drugs, become less active physically or mentally. It is important to develop coping techniques in order to have a satisfying and productive life despite the chronic illness.

### Info Corner

Chronic illness is an illness lasting three months or more. It may get worse over time, eventually go away or be permanent. Without coping techniques, a person's quality of life may be profoundly affected. For more information go to [www.webmd.com/depression/guide/depression-caused-chronic-illness](http://www.webmd.com/depression/guide/depression-caused-chronic-illness)