



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

*Message of  
the Month...  
For March 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
- 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

## The Mind-Body Connection

There is an inextricable link between mental health and physical health, a point of awareness that is often called the mind-body connection. The mind-body connection is explained in scientific ways, citing evidence on the nervous system, and the way that both emotional and physical pain share neurotransmitters and move in similar ways through our neurological pathways. The mind-body connection is also explained in everyday ways, for example, when you worry so much that you develop a stomachache. The mind-body connection is becoming more widely recognized in both mental health and physical health circles by professionals in both disciplines. Understanding the connection helps both doctors and mental professionals to diagnose their patients, and helps patients more fully understand and better manage their treatment. On a systems level, a growing awareness of the mind-body connections can close the chasm that exists between physical and mental health care systems. If physical and mental health are understood as inextricably linked, we will progress further to our goal of having full parity between the insurance coverage available for mental health care and physical health care. Emphasize the mind-body connection to your clients and pass it on, with awareness, in your daily life.

**Info Corner:** Pain associated with physical disorders may cause sleep disturbances and alter one's usual routines and ways of coping, producing distortions in thinking and appraisal of problems. It can also reduce one's confidence in managing problems. Each of these factors can result in depression or anxiety. Psychological states such as depression and anxiety can alter immune function and other biological processes, which leads to poor health practice and diminished use of the health care system. Helpful Link: <http://www.nami.org>