



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

Message of the Month...

For February, 2009

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

Coping with Loneliness

Valentine's day can be hard for people who are single, live alone, are divorced, or are widowed. Watching couples that are in a relationship demonstrating their affection for one another and sending gifts only accentuates the feelings of loneliness one might feel.

To lessen the effects of loneliness be proactive and prepare activities that can help you through day. Begin with acknowledging that the day is hard for you. Being honest with ourselves helps us be able to plan ways to help us cope. There are many things a single person can do to manage Valentine's Day and loneliness in general. Here are some suggestions:

- Reach out to family members and other single friends. Go out to a movie as a group or have dinner together at a restaurant or at each other's home. Set up a game night and pull out the cards or some of the board games you have. Use the time to laugh and enjoy the relationships that you value.
- If there is no one to share the evening with, show yourself how special you are. Set a nice table, put on some music and enjoy your favorite meal. Follow the meal with your favorite movie or a good book.
- Buy yourself some flowers. There is research that shows fresh flowers raise a person's spirits.
- Volunteer – studies show that helping someone else can be a major factor in counteracting the symptoms of depression. In the process, volunteering allows you to form more relationships with other people.

There are also activities and attitudes that are not very helpful when dealing with loneliness, and can actually make a person feel worse. Ruminating about past loves and losses for one. The past cannot be changed: It is better to look at what one can do to meet the goals for the future. Also, placing your self value in whether you are in a relationship or not is not helpful. Remember, someone else does not define your value. Your value comes from who you are, not who you are with.

Info Corner

If you are having trouble coping with Valentine's Day or loneliness in general, Kane County has help available. In the Northern Kane call 847-697-2380. In Southern Kane call: 630-966-9393

These Crisis Lines provide assistance to persons with a wide variety of needs and concerns, including loneliness, depression, anxiety, or substance abuse. Callers receive support, direction and referrals to community services.