



KANE COUNTY
MENTAL HEALTH COUNCIL

making a difference ...together

Message of the Month

June 2009

www.kanecountymentalhealth.org

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
- National Alliance on Mental Illness-Kane County
847-931-4715
- 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

Emotional well-being during H1N1 Flu Pandemic

The H1N1 (swine) flu outbreak has gained prominence since it began in April 2009. A flu pandemic is a global outbreak that occurs when a new influenza virus appears and many people have no or little immunity. A pandemic can lead to social disruption in the workplace, schools, public transportation, community and business services. It may be useful to learn to be prepared what to expect in order to minimize the impact on you and your loved ones.

Maintain a positive outlook

- ◆ Stay informed: Get accurate information from reliable resources
- ◆ Educate yourself about this flu.
- ◆ Talk to your children (as age appropriate) about it.
- ◆ Stay connected: Stay in touch with friends and family
- ◆ Stay healthy: Exercise, eat well and rest
- ◆ Stay active physically and mentally
- ◆ Maintain your normal, daily routine, if possible
- ◆ Find comfort in your spiritual and personal beliefs

First Aid for managing anxiety and stress

- ◆ Young children: Avoid unnecessary separations, encourage expression through play activities, monitor media exposure
- ◆ Check with your child's school/daycare for dealing with a pandemic
- ◆ Teens: Encourage discussion of their experiences, encourage indoor physical activities and contact with friends via emails, phone and text messaging
- ◆ Older adults: Assist with prioritizing and problem solving and re-establishing social contacts
- ◆ Engage providers of transportation, meal programs and home visits as needed. Keep in touch with friends and family who have the flu
- ◆ Most important—You: Pay attention to your own feelings and emotional needs.

Seek additional help

Contact your personal physician or mental health provider if needed for any support or assistance if you have intense feelings of anxiety or are having trouble performing your job and daily activities. Visit the Kane County Mental Health Council website at <http://www.kanecountymentalhealth.org> for local mental health resources.

Info Box:

The situation with H1N1 flu can change daily. Here are some sources of reliable information:

Centers for Disease Control and Prevention- www.CDC.gov/swineflu/

Illinois Department of Public Health-

http://www.idph.state.il.us/swine_flu/index.htm

Kane County Health Department- <http://www.kanehealth.com/flu.htm>

American Psychological Association- <http://www.apahelpcenter.org>