



**KANE COUNTY  
MENTAL HEALTH COUNCIL**

*making a difference ...together*

# Message of the Month

## May 2009

[www.kanecountymentalhealth.org](http://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

## **WORKING TOWARDS RECOVERY**

Recovery in mental illness is a growth process of working towards improved mental health. It's a process wherein an individual takes an active part in his or her own recovery journey by seeking appropriate medical treatment and support.

Working with a doctor to manage symptoms is essential. Among many community support programs that help individuals regain their lives include therapy, housing options, opportunities for job training—and jobs. Training in money management and communication is helpful. Spiritual help and comfort is often found within faith communities.

Consumers in recovery from mental illness know how important it is to learn to understand and accept one's own illness. Evidenced by the growth and effectiveness of on-going consumer-led, self-help support groups and peer education courses statewide, we know that many individuals act as role models for hope and recovery. In special presentations, they inspire and educate others—consumer and community groups alike—by sharing their own concerns, common problems and 'what has helped.'

Many consumers in recovery build confidence by sharing their personal stories with legislators to influence mental health funding, or write 'letters to the editors.' They find reward in educating others and in advocacy to lessen the stigma that still surrounds mental illness.

### **Helpful Links**

- Consumer Council: [il.nami.org](http://il.nami.org)
- Warm Line: Illinois Mental Health Collaborative 1-866-359-7953 (support for consumers and families – not a crisis line)
- SAMHSA publications – Recovering Your Mental Health