

# Mental Health

## Issue 5

### May is Mental Health Awareness Month



According to The World Health Organization the definition of Mental Health is a state of well being in which every individual realizes his or her own potential can cope with with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

- Our mental health impacts how we think, act, & behave.
- Mental health plays a role in how we interact with others, handle stress, & overall daily life.
- Mental Health is important in every stage of life from childhood, and adolescence through adulthood.

**National Suicide prevention lifeline:**  
Available 24/7, free and confidential support for people in distress. 800-273-8255

**Locust Street Resource Center:** Behavioral health center, providing mental health services to all ages in central Illinois. 217-854-3166

**CARES Hotline in need for SASS services:**  
Provides crisis services and referrals 24/7. 1-800-345-9049

**SAMHSA's National Helpline:** is a free, confidential,24/7, treatment referral and information service for individuals facing mental and/or substance use disorders. 1-800-662-4357

**Lincoln Prairie Behavioral Health:** Provides outpatient counseling services and groups. Virtual is available. Accepts private insurance and Medicaid. 1-217-585-1180

#### According to the CDC:

- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.

- "What mental health needs is more sunlight, more candor, more unashamed conversation"- Glenn Close

North Greene is excited to announce a Locust Street therapist, Elizabeth will be providing services to our students and families! Elizabeth will be at the Jr/Sr High building Tuesday mornings 8:00 AM-12:00 PM, and the Elementary Thursday mornings 8:00 AM-12:00 PM.

Locust Street accepts medicaid, and private insurance. Please contact the school for questions, or call Locust Street at 217-854-3166 and ask for Eli!

### Newsletter created by North Greene Mental Health Coordinators:

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Or reach out to a teacher, counselor, or social worker- we care about you!