November News from the Proviso Township Mental Health Commission

It's hard to believe that the holiday season is just around the corner. As the holiday's come closer many people have feelings of love, joy, and collegiality. For some though, the season brings difficult feelings, especially for those who may have lost loved ones or experienced trauma. It is important to keep these things in mind and to let those in our lives know that they are not alone and that there is always help if they need it.

We also want to lift up one of our important agencies doing tremendous work with our local youth in Proviso Township, Youth Outreach Services. On November 13th this year YOS will host their annual fundraiser. Please consider supporting this important organization that works to ensure our young people have a bright future. The evening will feature the Art Wine and Chocolate. Help them celebrate 65 years of empowering youth and strengthening communities.

For many, the holidays can also be stressful. It's easy to sometimes brush stress off as nothing big, but taking on more than we can handle can lead to feelings of being overwhelmed and isolated. On November 5th mental health professionals recognize Stress Awareness Day. Take a look at the website for the National Alliance on Mental Health (NAMI) to help you navigate the stress of the season.

On November 10th, we will recognize World mental Health Day. Since 1992, mental health professionals have used World Mental Health Day as an opportunity to raise awareness about mental health and to end the social stigma associated with mental health struggles. Remember, everyone needs to care for their mental health, just like physical health. If you need resources, call the Proviso Township Mental Health Commission at 708- 234-TALK (8255).

And remember, if you or someone you love needs support you can call or text 988 to connect with a live person.