Many Struggle with Mental Health During the Holiday Season

You are not alone, there are resources

As the leaves begin to change and the days grow shorter, our bodies begin to adapt to the time of year. For some people though, the changing seasons bring their own challenges. Seasonal Affective Disorder (SAD) affects many people, and often the holidays can bring up feelings of loss or loneliness. Fortunately, there are resources to help those who struggle with the onset of winter.

Throughout October, there are several key observances that help to raise awareness and encourage meaningful conversations about emotional well-being and mental health. On October 9th, the Ghana Nurses Association of Illinois will host their seminar Breaking the Stigma in Mental Health at the Chicago Marriott Southwest in Burr Ridge. On October 14th, Triton College will celebrate World Mental Health Day at their River Grove campus, featuring workshops and helpful resources. And on October 8th Bethlehem Lutheran Church in West Dundee will kick off their Mental Health Life Enrichment Series offering many educational sessions.



PTMHC Commissioner David Lenti is sworn in to the Board of Commissioners by Board President Michael Corrigan

As always, our website, www.ptmhc.org has resources and our staff can help you connect to services that you need right here in Proviso Township. You can call us at (708) 234-TALK(8255) for more information and assistance.

In September, the Proviso Township Mental Health Commission welcomed David Lenti to the Board of Commissioners. Lenti lives in LaGrange Park and has dedicated much of his life to helping make our world a better place through his work and volunteering. You can read more about his appointment on our website under the news tab.