



# You're Not Alone

It's OK to not be OK

Everyone has a role in eliminating  
mental health stigma.

What could you do differently today?



visit us at  
[memorial.health](https://www.memorial.health)

ATTENTION: Interpreting and Translation services are available free of charge in Spanish, French, American Sign Language and other languages. Call 217-588-7770 (TTY users, first dial 711). Memorial Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.





As the largest mental health provider in central Illinois, it's our mission to spread awareness and help fight mental health stigma in our community.

In the United States, nearly one in five adults and one in six adolescents have been diagnosed with a mental illness.

Many struggle in silence without receiving the necessary support needed to manage their condition. Others may not even realize they have an illness and continue to suffer despite its devastating effects on their lives. The stigma surrounding mental health disorders leads many people to hide their struggles and avoid pursuing the help they need.

Awareness of mental health stigmas helps break this barrier by educating the public about common misconceptions and promoting acceptance of those who suffer from these conditions.

## WHAT CAN YOU DO TO HELP?

### Learn about mental health.

Learn the signs and symptoms of mental health challenges.

### Find services available to help.

Memorial Behavioral Health offers support and high-quality treatment for children, youth, adults, and families close to home, throughout central Illinois. In the past year, Memorial Behavior Health has seen a 23% increase in individuals seeking therapy and a 50% increase in crisis services.

- If you assist a person who may benefit from a Mental Health Crisis Clinic:

**217-525-1064**

- Individuals who need help with non-crisis issues, like anxiety or depression, are encouraged to call our Emotional Support Hotline. This free service is available to everyone with someone available to listen.

**217-588-5509**

- If you or someone you know is a risk for suicide:

**800-273-TALK (8255)**

**Engage those around you in the conversation.** The more you talk about mental health, the more normal it becomes. Let mental health be part of your everyday conversation.