



You don't need to be at a point of crisis to consider mental health care. For most people, taking care of their mental health is about maintaining balance and having a space to free themselves of feelings or burdens that they may not be comfortable sharing with friends or loved ones. Perhaps they feel distant or disconnected from their family but don't know how to express it. They may feel guilty or overwhelmed with the daily responsibilities of care-giving or receiving care. Or, they just need someone to talk to who has a fresh perspective. Everyone needs a hand from time to time. It can be as simple as having a conversation with a person who wants to help.

The Chicago Lighthouse's "Stronger Together" initiative is designed to enhance your mental wellness.

"Stronger Together" can connect you to services that can improve your:

- ✓ **Overall Wellbeing** – Improved mental health can lead to better physical conditions, including better cardiovascular health, improved immunity and improved sleep.
- ✓ **Emotional Balance** – Working with mental health providers to feel more connected with your community and loved ones.
- ✓ **Stress Management** – Teaching you to recognize internal and external influences that may create tension and providing you with tools to manage your reaction to them.
- ✓ **Confidence** – Identifying your inner strengths and qualities to improve your personal and professional relationships.

Contact The Chicago Lighthouse Mental Health Care Coordinator Michelle Lee at **(312) 966-3466** or **michelle.lee@chicagolighthouse.org** to take the first step.

You may qualify for free or low-cost mental health services! Together, we can foster a community of understanding, resilience, and support for mental wellness. Remember, seeking help for mental health is a proactive step towards a healthier and more fulfilling life.



The Chicago
Lighthouse



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