



COOK COUNTY  
**HEALTH**

*Stronger Together is being supported, in whole or in part,  
by federal award number ALN 21.027 awarded to  
Cook County by the U.S. Department of the Treasury.*



# **STRONGER** TOGETHER

Building a healthier and more  
resilient community through  
collaboration, empowerment  
and resource connection.

# STRONGER TOGETHER

## Your Path to Mental Wellness

At The Chicago Lighthouse, we believe that taking care of your mental and emotional well-being should be as natural as taking care of your physical health. We are excited to announce an expansion of our mental health services designed to support everyone—whether you're looking for ways to manage stress, feel more connected, or simply want to prioritize your overall wellness.

### Stronger Together means you have access to:

- **Specialized Therapy Services:** Access to licensed therapists in our Bergman Institute for Psychological Support who are experienced in providing therapy to individuals who are blind, visually impaired, disabled, and Veterans and are trained in evidence-based techniques including mindfulness and cognitive-behavioral therapy.
- **Customized Support:** Work with a dedicated Care Coordinator who will guide you through every step and ensure you are connected with services that are specifically tailored to your needs.
- **Support for Everyone:** We believe that everyone deserves access to quality mental health care, regardless of insurance status or ability to pay. Funding for this initiative ensures that cost is not a barrier to receiving care.



To learn more about the program and your eligibility for services, please contact us at:  
**(312) 966-3466** or  
**[michelle.lee@chicagolighthouse.org](mailto:michelle.lee@chicagolighthouse.org)**

### Is Mental Health Support Right for Me?

**You may benefit from mental health support if you are:**

- ✓ Coping with changes in your vision
- ✓ Feeling uneasy about a new diagnosis
- ✓ Considering making a lifestyle change such as quitting smoking or losing weight
- ✓ Experiencing a loss or are dealing with a breakup
- ✓ Having difficulty communicating with your partner, family and/or friends
- ✓ Facing an important life choice or big decision
- ✓ Needing support while caring for a loved one with a disability
- ✓ Feeling recent changes in mood
- ✓ Holding onto negative feelings about a situation that has happened in the past
- ✓ In need of someone to talk to in a safe space

SCAN HERE  
to take the  
first step.

