Substance Abuse

The use of addictive substances including drugs, alcohol, or medication as an unhealthy coping method

Signs and Symptoms

- Relationship problems
- Feeling the need to use
- Neglecting responsibilities

For more information about how to seek help, check out the Vermilion County resource list at: www.vercounty.org/mental.htm

Services

New Directions: 217-442-9026
Rosecrance: 217-477-4500
VA - 217-554-4177

it's okay not to be okay

From Illinois Nurse Foundation and Robert Wood Johnson Foundation grant

Produced in partnership with Vermilion County Health Department and the University of Illinois at Chicago College of Nursing - Urbana
END THE STIGMA

Stigma is the widespread fear and misunderstanding of mental illness.

Stigma reflects prejudice, dehumanizes people with mental illness, belittles their legitimate concerns, and is a significant barrier to effective delivery of mental health services.

What can you do?

1. Talk about your mental illness
2. Educate yourself and others
3. Be conscious of language
4. Be honest about treatment
5. Do NOT believe everything seen in the movies or social media
6. Realize that mental health is just as important as physical health

5 Ways to Talk to Your Doctor

Before the appointment, prepare a list of questions to ask

Ask questions openly and without fear of judgement

Say exactly how you are feeling

Speak up for yourself and be persistent

Make your mental health a top priority

National Suicide Prevention Lifeline
1-800-273-8255
(Veterans, press 1)

Text Line:
Text HOME to 741741

Depression

Mood disorder that causes loss of interest and frequent feeling of sadness

Signs and Symptoms
- Lack of interest in activities
- Loss of energy
- Feeling little joy

Anxiety

Excessive worry in situations that are not threatening

Signs and Symptoms
- Feeling tense or restless
- Racing heart/shortness of breath
- Exaggerated worrying

Services

The Pavilion  217-373-1700
Crosspoint Human Services  217-442-3200
VA  217-554-4530 or 217-554-5794
OSF Sacred Heart  217-443-5611