**Mental Health Matters**

For more information about how to seek help, check out the Vermilion County resource list at: [https://www.vercounty.org/mental-health/](https://www.vercounty.org/mental-health/)

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**Substance Abuse**

The **unnecessary** use of addictive substances including drugs, alcohol, or medication

**Signs and Symptoms**
- Relationship problems
- Feeling the need to use
- Neglecting responsibilities

**Services**
- New Directions: 217-442-9026
- Rosecrance Health Systems: 217-477-4500

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**Bipolar Disorder**

Dramatic shifts in a person’s mood, energy, and ability to think clearly

**Signs and Symptoms**
- Mood swings
- Suicidal thoughts
- Manic episodes

**Services**
- The Pavilion: 217-373-1700
- Crosspoint Human Services: 217-442-3200

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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

Suicide Hotline:
1-800-273-8255

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