

## 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

### Services

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

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

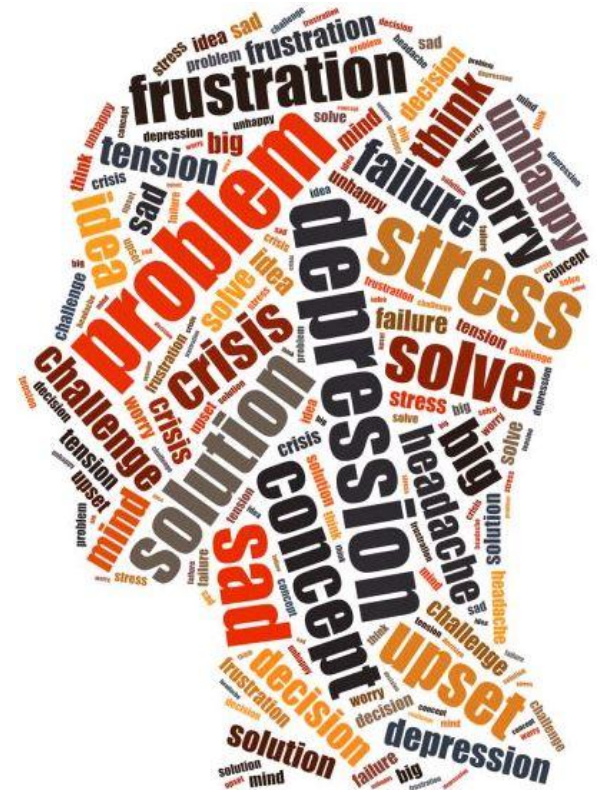


it's okay  
not to be okay

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## Mental Health Matters



## **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

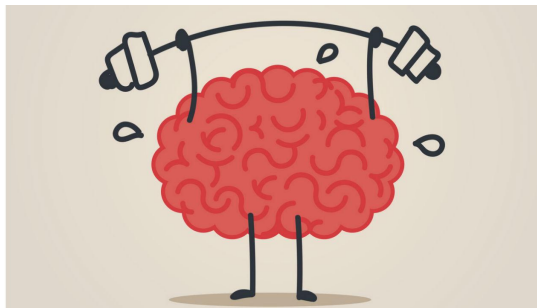
National Suicide Prevention Lifeline

**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