



**Through a church program, Niel helped me see that mental illness doesn't define me. It's only one part of my overall health and well-being. Now, I share my recovery story and encourage others to say it out loud.**

**Say it out loud**

**Mental health is a vital part of your overall health and well-being.**

**Trust your instincts.**

**Ask for help when you need it.**

**Say it out loud.**

For ideas on how to promote good mental health for yourself and your family, visit [www.mentalhealthillinois.org](http://www.mentalhealthillinois.org)

For mental health referrals and information, call 866.359.7953 or 866.880.4459 TTY

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