



I knew Jasmine
had a mental
illness, but I felt
so alone. Help
is out there,
but you have to
ask for it.
I share our story
as a testimony.
You are not alone.
Just say it out loud.

Say it out loud.

**Mental health is a vital part of your
child's 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

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

Sponsored by the State of Illinois
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