

COMMUNITY RESOURCE GUIDE

FOR MENTAL HEALTH



AT THE FOREFRONT
**UChicago
Medicine**



**Asian
Health
Coalition**

CENTER FOR ASIAN HEALTH EQUITY

For Latinx Communities
in the Greater Chicago area

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The Asian Health Coalition is a non-profit 501(c)(3) organization established in 1996 to improve the health and well-being of primarily Asians and Pacific Islanders, as well as African and other immigrant communities of color in Illinois through community-based education, capacity building, health advocacy, and research.

DISCLAIMER

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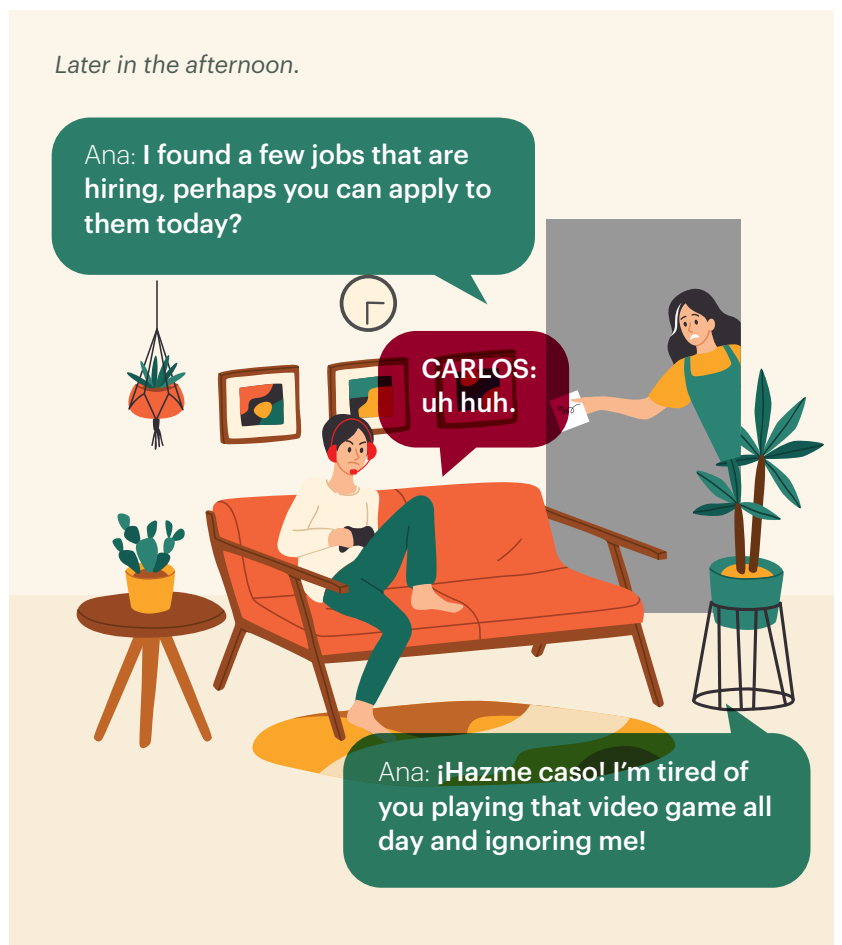
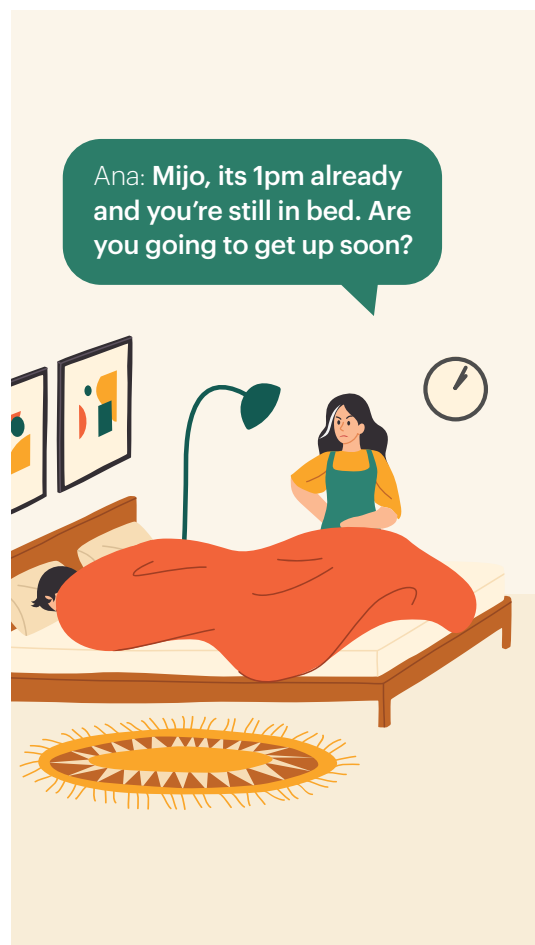
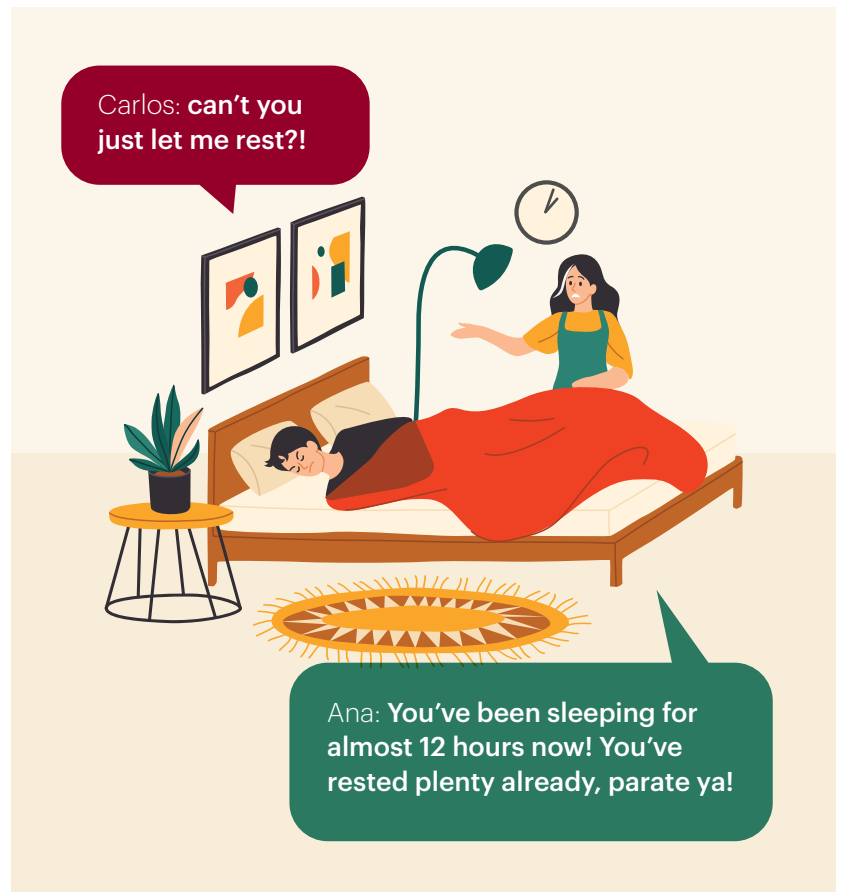
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A HELPING HAND: CARLOS'S STORY

INTRODUCTION

Carlos is a 20-year-old Mexican man who is struggling to find his place in the world. He is feeling tired, more irritable than usual, and not interested in finding a job or socializing with friends. Carlos spends most of the day sleeping and stays up all night playing video games, to distract himself from anxious thoughts. He lives with his mother Ana, who is growing increasingly frustrated with his behavior. Tension between Ana and Carlos has grown over the past few weeks.



Carlos: I'm tired of you yelling at me and pressuring me to find a job all the time! All you do is complain and criticize me for not doing what you want me to do!



Mijo I'm really sorry that I yelled at you.

I'm on my way to my appointment at the local community center. I hope that when I come back you'll be home too.

I promise I won't be mad at you. I just want you home safe.

I love you.

Ana is at the local community center. She meets with Carmen, who is helping her apply for a Family Visa.

Carmen: **Ok so, last time we met we had just finished completing the I-130. We still need a copy of the marriage certificate.**

Ana: **I'm so sorry I forgot. I haven't called my dad in a few weeks, so I haven't had a chance to ask him for a copy.**



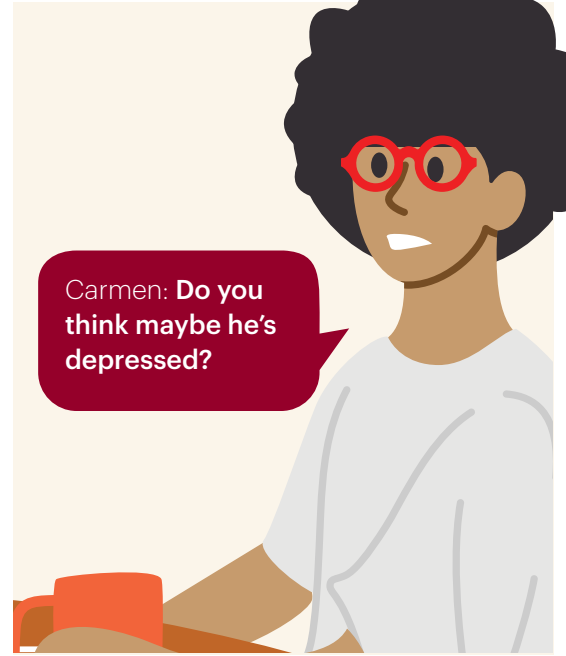


Carmen: **¿Mujer, que te pasa? It's not like you to be forgetful. What's going on? Is everything okay?**

Ana: **Carlos and I got into an argument before I got here. He left the house and still wasn't back when I was on my way here.**



Carmen: **That's not like Carlos. Can I ask what the argument was about?**



Ana: I am so glad to hear Juan is doing better!



Carmen: Juan struggled to accept that his professional soccer career was over. He talked to a counselor who helped him work through those feelings. I encourage you to look into therapy for Carlos. We just published a mental health provider directory in case you need somewhere to start.

Ana: Gracias amiga! I will be sure to talk to Carlos about a counselor. I hope he will want to talk to someone about what he's feeling.



Carmen: You're welcome! Please let me know if you need any help getting connected to a mental health counselor

Ana walks out of the local community center and hurries home, eager to look over the booklet Natividad gave her.

Later in the evening...

Ana: **Carlos, I brought you some pan and café, quieres?**

Carlos: **ok**



Ana: **I'm sorry that I yelled at you earlier. Is everything okay mijo? You're not yourself lately. Please talk to me and tell me what's going on.**

Carlos: **To be honest mom, I'm not feeling okay. I feel very lost, I don't know what my calling in life is and all my friends seem to have their lives figured out.**

Ana: What can I do to help?

Carlos: My friend Oscar told me that he started going to therapy. He said it's really been helping him. I've just been so ashamed to admit how much I'm struggling. Los hombres deben ser fuertes



Ana: Carmen gave me a list of mental health care providers. Would you like me to help you set up an appointment?

Carlos: I would really appreciate that Mom.





Ana helps Carlos make an appointment with a mental health counselor. They are both feeling hopeful now that Carlos is able to get the help he needs.

WHAT IS MENTAL HEALTH?

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

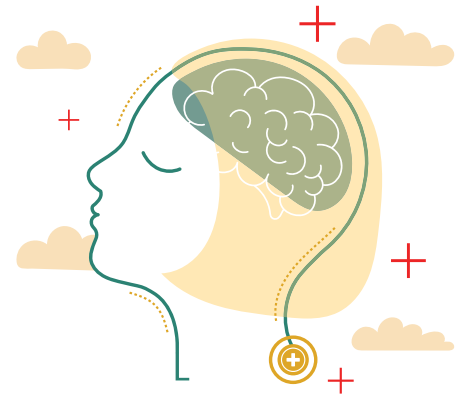
WHAT ARE MENTAL HEALTH DISORDERS?

Mental health disorders are diagnosable health conditions that impact our emotions, thoughts and behaviors. Mental health disorders can cause major stress and they can affect a persons' daily activities and relationships.

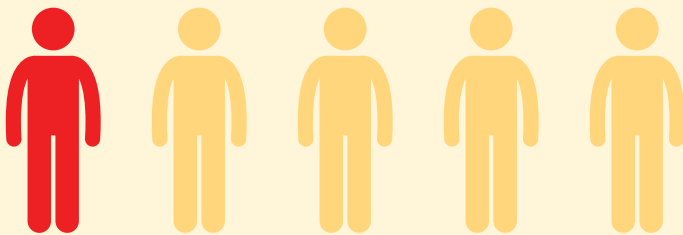


10 COMMON WARNING SIGNS OF A MENTAL HEALTH DISORDER

1. Feeling very sad or withdrawn for more than two weeks
2. Intense worries or fears that get in the way of daily activities
3. Extreme difficulty concentrating or staying still
4. Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
5. Significant weight loss or gain
6. Seeing, hearing or believing things that aren't real
7. Excessive use of alcohol or drugs
8. Drastic changes in mood, behavior, personality or sleeping habits
9. Severe, out-of-control, risk-taking behavior that causes harm to self or others
10. Trying to harm or end one's life or making plans to do so

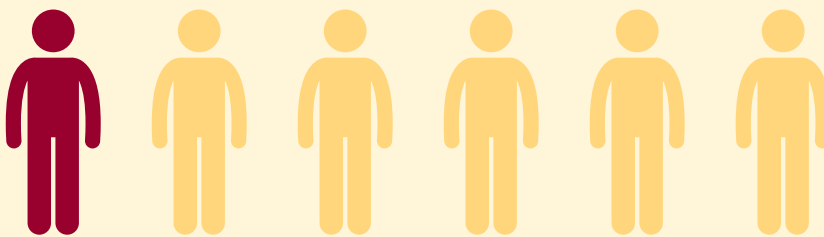


NATIONAL DATA



1 in 5

U.S. adults experience mental illness each year



1 in 6

U.S. youth aged 6-17 experience a mental health disorder each year

Source: 2020 National Survey on Drug Use and Health. Retrieved from <https://www.samhsa.gov/data/>



35.1% of Hispanic/Latinx adults with mental illness **receive treatment** each year compared to the U.S. average of 46.2% (SAMHSA, National Survey on Drug Use and Health)



In 2019, **suicide was the second leading cause of death** for Hispanics, ages 15 to 34 (CDC, National Center for Injury Prevention and Control)



Suicide attempts for Hispanic girls, grades 9-12, **were 30 percent higher** than for non-Hispanic white girls in the same age group, in 2019 (CDC, High School Youth Risk Behavior Survey Data)



17.0% of Hispanic/Latinx people in the U.S. live in poverty (compared to 8.2% of non-Hispanic whites). Hispanics living below the poverty level, as compared to Hispanics over twice the poverty level, are twice as likely to report serious psychological distress (National Alliance on Mental Illness)

BARRIERS

There are several barriers to care that contribute to the mental health outcomes for the Latinx community.

- **Stigma** plays a huge role in preventing people from accessing care. Lack of knowledge about mental illness and stigma associated with mental health issues can lead to delaying seeking out mental health services.
- **Legal status** is another barrier to care for the Latinx community. For immigrants who do not have documentation, the fear of deportation can prevent them from seeking help. Even though many undocumented immigrants are eligible for health insurance under the Affordable Care Act, many people don't know about their eligibility or they are afraid to register for health insurance due a fear deportation.
- Having a **lack of cultural competency** may cause mental health providers to misunderstand or misdiagnose Latinx patients, which can contribute significantly to their mental health outcomes. Without training on how culture influences a person's interpretation of their symptoms, providers are more likely to misdiagnose their patients.

Below you will find data specifically looking at mental health and substance among Latinx community members in Chicago.

LATINX COMMUNITY IN CHICAGO

The Sinai Community Health Survey 2.0 was conducted from March 2015 to September 2016 in order to record the health status of various community areas in Chicago and understand the social factors associated with health-related behaviors, service use, and health outcomes. The Sinai report compared community areas, gender identity, and Latinx populations, as results were separated by Puerto Rican and Mexican respondents. Below are some of the survey results.

Among Puerto Rican respondents,

- **37%** of females and **12%** of males had diagnosed depression
- **24%** of females and **20%** of males had symptoms of depression
- **13%** of females and males did not get needed mental healthcare

Among Mexican respondents,

- **19%** of females and **6%** of males had diagnosed depression
- **8%** of females and **6%** of males had symptoms of depression
- **4%** of females and males did not get needed mental healthcare

Next, we'll learn about some of the common mental health disorders.

Source: Hirschtick, Jana, Benjamins, Maureen R., and Homan, Sharon. Sinai Community Health Survey 2.0, Chicago, Illinois, 2015-2016. Inter-university Consortium for Political and Social Research [distributor], 2018-08-22. <https://doi.org/10.3886/ICPSR37073.v1>

DEPRESSION

Depression is more than just feeling sad or blue, and sometimes may not even involve feeling sad. There are many different symptoms of depression.

Some common symptoms include:

- Feeling sad or having a depressed mood most of the day
- Losing interest in activities you would normally enjoy
- Change in appetite, with possible unplanned weight loss or weight gain
- Trouble sleeping or sleeping too much
- Change in speech or movement – either slowed down or more rapid and fidgety
- Lack of energy or feeling tired even when you seem to be getting enough sleep
- Feeling worthless or excessive guilt
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide

The most severe forms of depressive disorders involve several of these symptoms that are experienced almost every day and last at least two weeks, or symptoms that last most of the day, more than half the days for at least two years. Children and youth can show irritability rather than sad, depressed mood. You don't have to experience all of these symptoms to be depressed, but significant change in even two of these symptoms that makes it hard for you at home, school/work, or with other people can be a sign that you are depressed.

QUICK FACTS

In 2020, 7% OF HISPANICS OR LATINOS IN THE U.S aged 18 and older had a MAJOR DEPRESSIVE EPISODE.

BIPOLAR DISORDER

Bipolar disorder causes periods of extreme high energy mood as well as extreme low energy and mood. This mental health condition includes both manic and depressive episodes that can last months, and is more than just being “moody”.

Individuals must experience at least one manic episode. A manic episode is a period when a person is extremely high-spirited, euphoric, and “on top of the world” or irritable, and has more energy than usual for at least one week. Importantly, these episodes reflect a change from someone’s regular baseline mood and behavior. However, they often make decisions that they regret later, and symptoms can be so serious that people need to be hospitalized.¹

A manic episode may also include:

- Decreased need for sleep
- Faster speech
- Racing thoughts
- Being easily distracted
- Increased activity whether it seems purposeful and productive or not
- Impulsive behavior, like spending too much money or having risky sex
- Being out of touch with reality, like seeing or hearing things that other people do not see or feeling paranoid

Most people feel great during manic episodes so they do not realize there is a problem and refuse treatment. However, they often make decisions that they regret later, and symptoms can be so serious that people need to be hospitalized.¹

A manic episode that lasts at least 4 days is called “Hypomania” and is a less severe form of bipolar disorder.

QUICK FACTS

Bipolar Disorder AFFECTS MEN AND WOMEN EQUALLY, with about 2.8% of the U.S. population diagnosed with bipolar disorder⁴

PSYCHOSIS

Psychosis refers to an alteration in a person's sense of reality. Symptoms of psychosis can show up in one's perceptions, behaviors, and thoughts.

Psychotic behaviors include:

- Hearing sounds or voices that others don't hear
 - Seeing things that other people do not see
 - Atypical speech patterns or responding to internal conversations
 - Disorganized or disordered behavior
 - Change in ability to express emotion
 - Paranoia or bizarre fears that don't go away that are not based in reality
 - Believing that people can read your mind, or that individuals are being watched
 - Holding on to false beliefs despite clear or reasonable evidence that they are not true¹
- Psychotic symptoms can range from mild to severe.
 - Although most people think of psychosis as a mental health condition, it is a symptom that can be part of different mental health disorders, such as schizophrenia, bipolar disorder, or depression.
 - Some people experiencing psychosis often have spiritual or supernatural explanations for what is happening to them.¹

QUICK FACTS

Psychotic disorders typically begin in **EARLY ADULTHOOD.**²



ANXIETY DISORDER

Anxiety disorders result from excessive anxiety and fears and can involve uncontrollable worrying or physical symptoms of stress.

Some common symptoms include:

- Feeling restless
- Irritability
- Difficulty concentrating
- Physical symptoms including muscle pain, tightness,, palpitations, feeling shaky
- Trouble falling asleep or staying asleep
- Feeling exhausted even after a full night's sleep
- Going out of your way to avoid situations that make you anxious
- Unwanted thoughts or worries that won't go away¹

Anxiety is a normal emotion that everyone feels when there is a threat of some sorts, and a little anxiety can actually be useful. However, when anxiety starts to interfere with people's daily lives, they might have an anxiety disorder, such as

- Phobias: extreme fear of an object, experience or sensation
- Social Anxiety Disorder: fear of social situations, evaluation, and rejection
- Generalized Anxiety Disorder (GAD): excessive and uncontrollable worrying
- Obsessive-Compulsive Disorder (OCD): intrusive thoughts and uncontrollable behaviors¹

QUICK FACTS

19.1% OF U.S. ADULTS had an anxiety disorder in the past year.

POST-TRAUMATIC STRESS DISORDER

Post-traumatic stress disorder is a response to the experience of a traumatic event.

Symptoms of PTSD include:

- Repeatedly thinking about the traumatic event, such as through flashbacks or nightmares
- Avoiding reminders of the traumatic event like people, places, activities, objects and situations
- Being constantly alert or on guard, easily startled, or hyper-aware or your surroundings
- Intense negative emotions, such as extreme fear, irritability or guilt, or negative thoughts, such as beliefs that no one can be trusted,

Other associated difficulties can include:

- Inability to remember important aspects of the trauma
- Inability to experience positive emotions
- Physical symptoms, like chronic pain or headaches
- Substance use problems
- Relationship problems
- Other mental health conditions, such as depression or anxiety

Examples of traumatic events that are typically associated with PTSD include life-threatening events such as:

- Natural disasters
- Violent attacks
- Car accidents
- Childhood abuse or neglect

In some cases, learning about a traumatic event in a close family member or friend can lead to PTSD.

QUICK FACTS

U.S. Latinos, African Americans, and American Indians have higher rates of PTSD than non-Latino whites.



SUBSTANCE USE DISORDERS

A substance use disorder (SUD), or what many people commonly refer to as “addiction,” involves an individual’s inability to control their use of alcohol or drugs.

A SUD can include the following symptoms:

- A craving or strong urge to use the substance, or a great deal of time using or recovering from the effects of the substance
- Continued use of the substance despite known problems, such as interpersonal, psychological, or physical problems, or failure to fulfill obligations at home, school or work
- Using more of the substance than intended, and eventual need for larger amounts of substance to get the same effect
- Continued use of the substance in physically dangerous situations, such as driving, swimming or operating machinery
- Unsuccessful efforts to cut down or control substance use.
- Physical dependence on the substance that can lead to unpleasant and sometimes life-threatening symptoms when the substance is not used¹

It is common for individuals to abuse and be addicted to more than one substance or for mental health conditions to co-occur with a substance use disorder, including mood disorders and anxiety disorders. It is important to treat these co-occurring disorders.¹

QUICK FACTS

13.5% OF HISPANIC OR LATINO adults had a substance use disorder in 2020.



EATING DISORDERS

Eating disorders are mental health conditions related to preoccupation with weight and shape concerns, behaviors interfering with maintaining appropriate body weight, as well as disordered patterns of eating.

Symptoms of eating disorders include restricting food intake and overly controlling eating, or consuming large quantities of food and feeling out of control with eating (called bingeing).

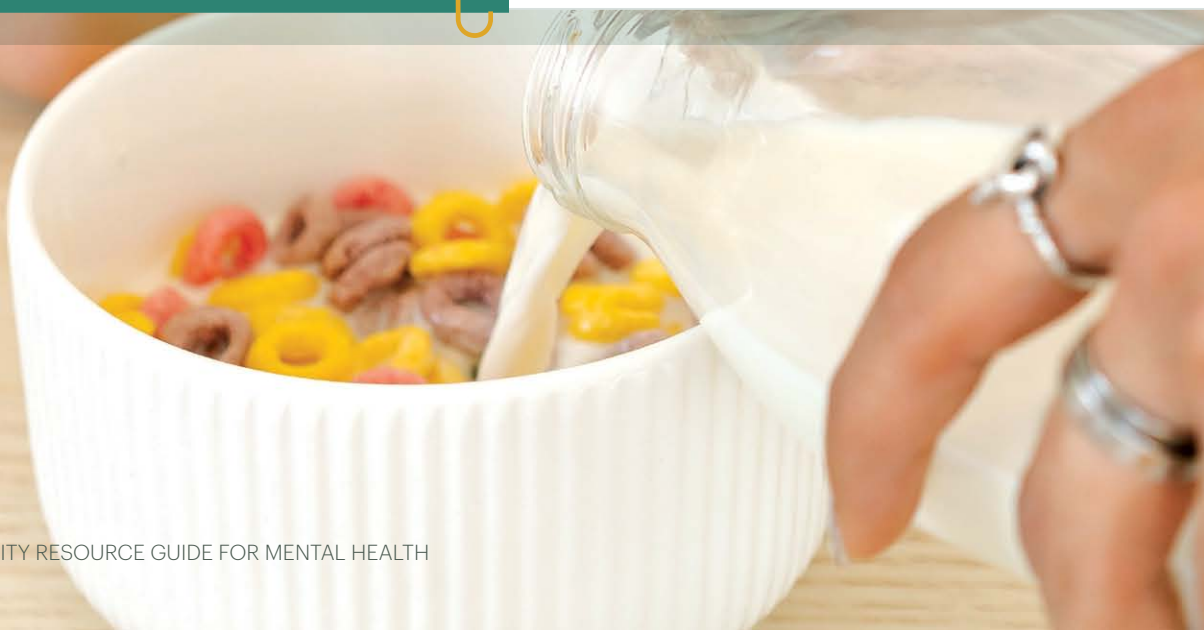
Other symptoms may include purging behaviors, such as self-induced vomiting, laxative abuse, and over exercise.

The most common eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder.

- Anorexia nervosa involves severely restricting food intake with weight that is significantly below a normal range but can also include periods of bingeing and purging.
- Bulimia nervosa involves bingeing and purging, with weight that is in the normal range or higher.
- Binge eating disorder involves bingeing without compensating for the large quantities of food by purging, and is often associated with overweight and obesity.

QUICK FACTS

Approximately **2.3% OF YOUTH** will be diagnosed with an eating disorder during their lifetime.



ATTENTION-DEFICIT HYPERACTIVE DISORDER (ADHD)

Attention-deficit hyperactive disorder (ADHD) is one of the most common mental health conditions in childhood in which hyperactivity, inattention, impulsivity, or a combination is noticeably greater than expected for their age.

Symptoms of ADHD include:

- Difficulty paying close attention to details or making careless mistakes in school or job tasks.
- Problems staying focused on tasks or activities, or following through on instructions
- Difficulty listening when spoken to
- Problems organizing tasks and work, or often loses things needed for tasks or daily life
- Is easily distracted, or forgets daily tasks, such as doing chores and running errands.
- Fidgets with or taps hands or feet, squirms in seat, runs about or climbs where it is inappropriate
- Has difficulty waiting their turn, such as while waiting in line, or interrupts or intrudes on others

ADHD often persists into adulthood, although the symptoms may not be as clearly evident.

As adults, an individual may not continue with hyperactive behavior, but continue to struggle with impulsivity, restlessness and difficulty paying attention.

They also may have challenges in prioritizing tasks, planning and organizing, as well as low frustration tolerance and difficulties in managing stress.

QUICK FACTS

Approximately **4.2% OF YOUTH** will be diagnosed with ADHD during their lifetime.

DISRUPTIVE BEHAVIOR DISORDERS

Disruptive behavior disorders involve a pattern of defiant and oppositional behavior by children and adolescents.

Oppositional defiant behavior involves uncooperative and argumentative behaviors and can also include:

- Refusing to follow rules
- Deliberately annoying others
- Blaming others for their mistakes
- Angry outbursts, and resentful, vindictive ways.

Conduct disorder involves more severe forms of disruptive behaviors including aggression and cruelty toward people and animals, destruction of property (e.g., deliberate fire setting, vandalism), deceitfulness or theft (broken into properties, manipulates others), or serious violations of rules (e.g., runs away from home, truant from school)

QUICK FACTS

Approximately **6.5% OF YOUTH** will be diagnosed with one of these disorders during their lifetime.

¹ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

² Mental Health America. (2022). *Conditions*. <https://mhanational.org/conditions>

³ Mental health by the numbers. NAMI. Retrieved from <https://www.nami.org/mhstats>

⁴ U.S. Department of Health and Human Services. Bipolar disorder. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/bipolar-disorder>

⁵ Centers for Disease Control and Prevention. (2022, August 9). *Symptoms and diagnosis of ADHD*. Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/ncbddd/adhd/diagnosis.html>

⁶ Disruptive behavior disorders. (DBD): Symptoms, Diagnosis and Treatment. (n.d.). Retrieved from <https://www.nationwidechildrens.org/conditions/disruptive-behavior-disorders>

⁷ Mayo Foundation for Medical Education and Research. (2019, June 25). *Attention-deficit/hyperactivity disorder (ADHD) in children*. Mayo Clinic. Retrieved from <https://www.mayoclinic.org/diseases-conditions/adhd/symptoms-causes/syc-20350889>

SUICIDE PREVENTION

WHAT IS SUICIDE?

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with an intent to die, but they do not die after harming themselves.

WARNING SIGNS

The following are signs to look out for when you are concerned that a person may be suicidal:

- Talking about killing themselves
- Talking about feeling hopeless
- Talking about having no reason to live
- Talking about being a burden to others
- Talking about feeling trapped
- Talking about unbearable pain
- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression



WHAT YOU CAN DO TO HELP:

Have an honest conversation

1. Talk to them in private
2. Listen to their story
3. Tell them you care about them
4. Ask directly if they are thinking about suicide
5. Encourage them to seek treatment or contact their doctor or therapist
6. Avoid debating the value of life, minimizing their problems or giving advice

TAKE THE TIME TO REACH OUT IF YOU ARE CONCERNED ABOUT SOMEONE... DON'T ASSUME THAT OTHERS WILL REACH OUT

Talk in Private

Listen to their story, and let them know you care. Ask directly about suicide, calmly and without judgement. Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life.

IF A PERSON SAYS THEY ARE THINKING ABOUT SUICIDE

Take the Person Seriously

Someone considering suicide is experiencing a life-threatening health

crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs and remind them that their suffering is temporary.

Stay with them and call the National Suicide Prevention Lifeline: [988](tel:988)

Be sure to follow up with them after the crisis to see how they're doing.

IF YOU'RE STRUGGLING

Don't Wait for Someone to Reach Out

Seek mental health treatment, or tell your clinician about your suicidal thinking. Treat yourself like you would treat someone else who needs your help.

If a person says they are considering suicide

- Take the person seriously
- Stay with them
- Help them remove lethal means
- Call the [National Suicide Prevention Lifeline: 988](tel:988)
- Text TALK to [741741](tel:741741) to text with a trained crisis counselor from the [Crisis Text Line](tel:741741) for free, 24/7
- Escort them to mental health services or an emergency room

Source: American Foundation for Suicide Prevention. (2021, August 3). *What to do when someone is at risk*. <https://afsp.org/what-to-do-when-someone-is-at-risk>

TYPES OF TREATMENT

Treatment is not a one size fits all approach. Where you go for mental health care treatment and services depends on your situation and recovery needs. It is normal for people to need a combination of treatments and services too. Primary care doctors and mental health professionals can go over the best options for you and provide more information.



COUNSELING AND THERAPY

Psychotherapy

Psychotherapy is a type of treatment of mental illness provided by a trained mental health professional. Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual's well-being.

Types of psychotherapy include:

- **Individual:** This therapy involves only the patient and the therapist.
- **Group:** Two or more patients may participate in therapy at the same time.
- **Marital/couples:** This type of therapy helps spouses and partners understand why their loved one has a mental disorder. This type of therapy can also be used to help a couple that is struggling with aspects of their relationship.
- **Family:** This type of therapy helps family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.

Support Group

A support group is a group meeting where members guide each other towards the shared goal of recovery. Support groups are often comprised of nonprofessionals, but peers that have suffered from similar experiences.

Self-help Plan

A self-help plan is a unique health plan where a person addresses his or her condition by implementing strategies that promote wellness. Self-help plans may involve addressing wellness, recovery, triggers or warning signs.

Recovery Support Services

Recovery support services include continuing care, mutual help groups (such as 12- step programs) and peer recovery support services. These services provide a community setting where fellow recovering persons can share their experiences and provide mutual support to each other's mental health and/or substance use challenges.

HOSPITAL CARE AND OTHER SERVICES

Case Management

Case managers have knowledge of local medical facilities, housing opportunities, employment programs and social support networks. They are also familiar with many payment options, and can serve an important role in helping a person get the best treatment possible.

Hospitalization

In a small number of cases, hospitalization may be necessary so that an individual can be closely monitored, accurately diagnosed or have medications adjusted when the person's mental illness temporarily worsens.

MEDICATIONS

A medication is a drug used to treat various health conditions, including mental health disorders.

The following are examples of medications commonly used to treat mental health disorders.

Antidepressants

Antidepressants are medications commonly used to treat depression, anxiety disorders and trauma related symptoms.

Anti-Anxiety Medications

Anti-anxiety medications help reduce the symptoms of anxiety, such as panic attacks, or extreme fear and worry.

Antipsychotics

Antipsychotic medications are mainly used to treat psychotic disorders. They may also be used to treat mood disorders and bipolar disorders.

Mood Stabilizers

Mood stabilizers are used primarily to treat bipolar disorder.

Stimulants

Stimulant medications are commonly used to treat attention-deficit/hyperactivity disorder (ADHD) and narcolepsy (sleep disorder).

Source: U.S. Department of Health and Human Services. (n.d.). Mental health medications. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/mental-health-medications>

TYPES OF MENTAL HEALTH PROFESSIONALS

A mental health professional is someone who offers services to improve an individual's mental health. There are many types of mental health professionals. Below are some examples of the different types of mental health professionals and services they offer.

Primary Care Physician

When people first start to develop a mental illness, they may go to a primary care physician (PCP) first for help. A PCP can provide immediate support and can connect people to mental health

specialists for mental health treatments if needed. They can also provide medications for mental health disorders.

Psychiatrists

Psychiatrists are medical doctors that treat people with mental health disorders. They can provide medication for mental health disorders and can help people understand the side effects of medications and how different medications interact with one another. They can provide assessments of mental health conditions and provide counseling and therapy as well.

Clinical Psychologist

Clinical psychologists have a doctoral degree and provide psychological testing and counseling services to assess and treat mental, emotional and behavioral disorders. They may work with individuals, couples, families, or groups.

Mental Health Nurse

Registered nurses who have clinical training in mental health. In many states, these nurses can give medications and recommend treatments with physician supervision.

Licensed Clinical Social Worker

A counselor with at least a master's degree in social work from an accredited graduate program. Trained to make diagnoses, provide individual and group counseling, and provide case management and advocacy; usually found in the hospital setting.

Licensed Professional Counselor

A mental health counselor with at least a master's degree, or a doctoral degree,

in psychology, counseling or a related field. Trained to diagnose and provide individual and group counseling.

Licensed Marital and Family Therapist

A mental health counselor with a master's or doctoral degree, with special education and training to assess and address relationship issues. They are trained to work with individuals of all ages, couples, and families.

Certified Alcohol and Drug Counselor

A counselor who provides individual or group alcohol and drug counseling services. They are trained to work with clients to help them better understand and overcome their addictions.

Certified Peer Specialist

Certified Peer Specialists have lived experience with mental health or substance use conditions. Assists clients with recovery by recognizing and developing strengths and setting goals. Many peer support programs require several hours of training.



MEDICATION MYTHS

Myth: People who take medication are weak.

Medication isn't a sign that people are 'giving up' and 'taking the easy option'. In fact, medications can be an effective way of helping people more quickly and learn problem solving skills more efficiently.

Myth: Once you start taking medication, you have to be on it for life.

Most people take medication for a limited period of time, often 6 months to a year. Some people may take medication for a longer period of time, but this depends greatly on the situation and the diagnosis. Every person and situation is different.

Myth: People who need medication for their mental health are dangerous

People with mental illness, including people who take psychiatric medications, are more likely to be targets of danger or violence rather than cause it themselves, including people who take psychiatric medications.





THERAPY MYTHS

1. “Everyone will find out about my problems if I go to a therapist.”

Therapists are required by law to keep things confidential. Confidentiality is needed so that you can trust your therapist to talk about personal information.

2. “I don’t need therapy. I have friends and family.”

Even though it’s important to have a support system, like friends and family, you might find that you can’t always talk to them about everything. You might find that there are still some things that you do not feel comfortable sharing with them. For example, it may be harder to talk to family and friends about things that might hurt their feelings. When you meet with a therapist, you can share your true feelings with someone who can support you with an objective perspective. When you meet a

therapist, you don’t have to hide your true feelings.

3. “I don’t need therapy because I don’t have serious problems.”

There are multiple reasons to seek therapy, whether it’s depression, anxiety, trauma, stressful home and work life, or understanding more about your relationships. Typically, the longer people wait to start therapy, the worse the problem might get, and the longer it might take to resolve the problem.

4. “Couples therapy is only for those heading for a divorce.”

Couples therapy is beneficial, even for couples in healthy relationships. Just like individual therapy, it’s beneficial to share your true feelings and resolve issues with a therapist to maintain a healthy relationship.

TIPS ON STARTING CONVERSATIONS AND PROVIDING SUPPORT

1. Start a conversation

If you're concerned about someone, the first thing to do is to check in. It can be as simple as a text: just make sure they know you really want to know how they're doing.

2. Listen and reflect

Give the person space to explain what they're going through. Try not to make any assumptions about their experience based on other things you've seen and read. Asking open questions can be helpful; these are questions that invite people to expand, rather than respond with just 'yes' or no.

Examples of open questions include:

"How have you been feeling?"

"What's that like for you?"

3. Be patient

It might take a while for the person to feel comfortable talking about what they're going through, or there might be periods where they're less communicative. That's understandable; sometimes, if you're experiencing a mental health problem, it's harder to be sociable. It might feel frustrating if you're putting in effort, but try and be patient. They probably appreciate you being in touch even if they're not responding.

4. Be yourself

Even if they're having a hard time, they're still the same person you know and love. Don't treat them differently – keep including them in social activities and offer to do the things you'd normally do with them.

5. Ask how you can help

Give them space to say what they need from you. This might be a regular check-in, a particular activity, or help with practical things. Mental health problems can be draining, so they might be finding it hard to keep up with everyday tasks. If it seems appropriate, ask if there is anything you can help with.





A hand is holding a black-framed sign with a white background and horizontal lines. The sign reads "SELF CARE ISN'T SELFISH" in bold, black, sans-serif capital letters. The sign is tilted slightly to the right. The background is a warm, orange-toned wall with shadows from blinds on the right side.

SELF
CARE
ISN'T
SELFISH

MENTAL HEALTH RESOURCES

WHAT IS SELF-CARE?

Self-care means taking the time to do things that help you live well and improve your physical health and mental health.

COMMON MISCONCEPTIONS

a. Self-care is selfish.

When you take time for yourself, you feel more energetic and are less likely to lash out or project your negative feelings on others. It's actually one of the healthiest things you can do to recharge and connect with those around you.

b. Self-care takes too much time.

We are all busy, but self-care does not require a huge chunk of time from your busy day. Add some self-care time to your schedule and plan your day around it.

c. Self-care is expensive

Simple actions like meditation, getting to bed early, or going for a walk, can all be low-cost acts of self-care.

ESPECIALLY FOR PARENTS: PUT ON YOUR OWN MASK FIRST!



Just as you are instructed to put on your oxygen mask in an emergency first before helping your child, it is important to take care of your own needs in order to best take care of the needs of your children and loved ones.

SELF-CARE GUIDE

Types of Self-Care

Get regular exercise

1. Go for a walk
2. Take a workout class
3. Yoga
4. Any physical activity you enjoy!

Eat healthy meals and drink lots of water

1. Whole grains
2. Fruits
3. Vegetables
4. Avoid too much sugar and junk food
5. Make home-cooked meals

Make sleep a priority

1. We need at least 7 hours of sleep a night!
2. Short naps during the day are also helpful

Try a relaxing activity

1. Meditation or breathing exercises
2. Read a book
3. Take a bath
4. Gardening or indoor planting
5. Skin care and spa activities

Stay connected

1. Spend time with friends or family members or talk to loved ones over the phone
2. Volunteer in your community. Volunteer examples include spending time with seniors at a nursing home, donating clothes to a homeless shelter, and serving food at a soup kitchen.
3. Go to church or other religious services with family or friends.

MENTAL HEALTH SERVICES DIRECTORY

If you are **insured**, find out from insurance company who you can go to in your network. If you are **medicaid** recipients, **medicare** recipients or **uninsured**, use this guide.

EMERGENCY OR CRISIS RESOURCES

For Emergency Assistance

Phone: 911

Crisis Text Line

Text: "HOME" to 741741

24-Hour Chicago Rape Crisis Hotline

Phone: (888) 293-2080

24-Hour IL Domestic Violence Hotline

Phone: (877) 863-6338

24-Hour LGBT National Hotline

Phone: (888) 843-4564

National Domestic Violence Hotline

Phone: (800) 799-SAFE (7233)

National Sexual Assault Hotline

Phone: (800) 656-HOPE (4673)

National Suicide Prevention Lifeline

Call or text: 988

Press 1 for Veterans, Press 2 for Spanish

FINDING PROVIDERS

Therapy for Latinx

Web: <https://www.therapyforlatinx.com/>

City of Chicago Unspoken – Mental Health Provider Locator

Web: <https://mentalhealth.chicago.gov/find-mental-health-support/>

IL Department of Human Service – Mental Health Provider Locator

Web: <https://www.dhs.state.il.us/page.aspx?module=12&officetype&county>

Illinois Helpline for Opioids & Other Substances - Substance Use Treatment Providers Locator

Web: <https://hub.helplineil.org/findhelp>

Substance Abuse and Mental Health Services Administration (SAMHSA) Provider Locator

Web: <https://findtreatment.samhsa.gov/>

We Know the Feeling: IL Gambling Disorder Service Providers

Web: <https://weknowthefeeling.org/support/>

LATINX-SERVING ORGANIZATIONS

Organizations that work towards improving social health, well-being and overall functioning for Latinx community members.

ORGANIZATION	CONTACT INFORMATION	SERVICES	LANGUAGE	POPULATION
Frida Community Organization	Address: 5133 S. Kedzie Ave 1st Floor, Chicago, IL, 60632 Phone: 312-421-7599 Email: info@fridacomunity.org Web: https://fridacomunity.org/	Student Programming, Adult Education, Immigration and Legal Services, Health Promotion and Education	English, Spanish	Youth Adult
Casa Central	Address: 1343 N California Ave, Chicago, IL 60622 Phone: 773.645.2300 Email: info@casacentral.org Web: https://www.casacentral.org/	Transitional housing services, violence prevention and intervention, employment training, day care and after school sessions, Adult Wellness Center and Home Care Services program	English, Spanish	Children Youth Adult
Consuelo Therapeutic Services	Address: 6149 South Kenneth Ave. 2nd Floor, Chicago IL 60629 Phone: 773.770.5150 Web: http://www.consueloinc.org/	Individual and family counseling	English, Spanish	Children Youth Adult
Mujeres Latinas en Accion	Address: 2124 W. 21st Place Chicago, IL 60608 Phone: 773.890.7676 Web: https://mujereslatinasenaccion.org/	Crisis intervention, 24 hour crisis line, individual and group counseling, adult and child therapy, court advocacy, community education, professional and volunteer trainings, and referrals to shelters and other resources	Spanish	Adult LGBTQ+
Alivio Medical Clinic	Address: 966 W. 21st St. Chicago 60608 2355 S. Western Ave. Chicago 60608 Phone: 773.254.1400 Web: https://www.aliviomedicalcenter.org/	Adult & Family Medicine, Behavioral & Mental Health, COVID-19 Vaccine, Dentistry, Diabetes, Family Planning, OB/GYN & Midwifery, Pediatrics, Pharmacy, Walk In Wellness Center	English, Spanish	Children Youth Adult
Erie Family Health Center	Address: 1701 West Superior Chicago, IL 60622 Phone: 312.666.3494 Web: https://www.eriefamilyhealth.org/	Group and individual therapy, substance use services, medication assisted treatment program, women's support groups	English, Spanish	Youth Adult
Esperanza Health Center	Address: 4700 S. California Ave., Chicago, IL 60632 Phone: 773.584.6200 Web: https://www.esperanzachicago.org/	Behavioral Health; Substance Use; Psychiatry; Women's Health; Pediatrics; Adults	English, Spanish	Youth Adult
Pilsen Wellness Center	Address: 2015 West Cermak Road Chicago, Illinois 60608 Phone: 773.579.0832 Web: https://www.pilsenwellnesscenter.org/	Counseling & Treatment programs; Substance Use Disorder treatment; Housing & Residential programs; Employment Services; Youth services substance use program, substance prevention program, teen pregnancy prevention program, Teen Mom's program, Labor & Delivery Support for Teen Moms.	English, Spanish	Children Youth Adult

OTHER COMMUNITY-BASED ORGANIZATIONS

Organizations that work towards improving a community's social health, well-being and overall functioning.

ORGANIZATION	CONTACT INFORMATION	SERVICES	LANGUAGE	POPULATION
Apna Ghar	Address: 4350 N. Broadway, 2nd Floor, Chicago, IL 60613 Phone: 773.334.4663 Email: info@apnaghar.org Web: www.apnaghar.org	Gender violence/domestic violence services	Arabic, Hindi/Urdu, Spanish, Tigrinya, Amharic, Tamil, Polish, French, Italian, English	Youth Adult
Asian Human Services	Address: 2838 W. Peterson Ave. Chicago, IL 60659-2507 Phone: 773.293-8430 Web: https://ahschicago.org/community-health/	HIV/AIDS prevention and care programs; disability and vocational services; school based violence prevention, smoking cessation, obesity prevention and healthy living, Hepatitis B Awareness education, immunization campaigns, breast and cervical cancer prevention, individual and group therapy	English, Korean, Urdu, Hindi, Arabic, Spanish	Children Youth Adult
Between Friends	Address: P.O. Box 608548 Chicago, IL. 60660 Phone: 773.274.5232 Crisis Line: 800.403.HELP 4357 Web: https://betweenfriendschicago.org/get-help/counseling/	Domestic violence crisis intervention	Spanish, Arabic, French, English	Adult
Catholic Charities, The Encompassing Center	Address: 3019 W Harrison St, Chicago, IL 60612 Phone: 773.638.5703 Web: https://encompassingcenter.org/services	Depression Related Disorders, Trauma Related Disorders, Anxiety Disorders, Impulsive Conduct Disorders, Substance Related Disorders, Anger Management Disorders, Other Disorders	English, Spanish	Adult



ORGANIZATION	CONTACT INFORMATION	SERVICES	LANGUAGE	POPULATION
Center on Halsted	Address: 3656 N. Halsted Street, Chicago, IL 60613 Phone: 773.472.6469 Web: https://www.centeronhalsted.org/cohoverview.html	Psychotherapy Services: Individual, relationship, family, and group therapy. Time-limited therapy groups currently available: HIV Positive Support, Coming Out, LGBTQ People of Color; Bi+, Dialectical Behavioral Therapy DBT-for Trauma, Trauma Support Group, Trans and Gender Non-Conforming, Men's, Women's, and Grief and Loss	English, Spanish	Youth Adult LGBTQ+
Healthcare Alternative System	Address: 2755 W. Armitage Ave. Chicago, IL 60647 Phone: 773.252.3100 Web: https://www.hascares.org/	Psychotherapy, Substance abuse prevention and treatment, domestic violence, transitional housing	English, Spanish	Youth Adult
Kedzie Center	Address: 4141 N. Kedzie Ave. Suite 2, Chicago IL 60618 Phone: 773.754.0577 Email: info@thekedziecenter.org Web: https://www.thekedziecenter.org/	Individual, couples and family, groups, psychiatric services two psychiatrists available one for adults and one for children), community services training in various psychoeducation topics with at risk populations and schools.	English, Spanish	Children Youth Adult LGBTQ+
Metropolitan Family Services	Address: 101 North Wacker Drive, 17th Floor Chicago, IL 60606 Phone: 312.986.4000 Web: https://www.metrofamily.org/programs-and-services/emotional-wellness/	Individual, family/couples counseling, groups, psychiatry services, evaluations, medication management, case management, and community support	English, Spanish, Polish, Arabic	Children Youth Adult
Refugee One	Address: 5705 N Lincoln, Chicago, IL 60659 Phone: 773.989.5647 Hours: M-F 8:30am-4:30pm Web: https://www.refugeeone.org/cswws.html	Individual therapy, family therapy, group therapy, crisis intervention, short-term urgent care, home-based clinical services, medication evaluation/management	Amharic, Arabic, Assyrian, Burmese, English, Farsi, French, Iranian, Karen, Kiswahili, Pashto, Rohingya, Somali, Spanish, Tigrinya	Adult

FEDERALLY QUALIFIED HEALTH CENTERS

Federally funded nonprofit health centers or clinics that provide primary care services and behavioral health services regardless of your ability to pay.

ORGANIZATION	CONTACT INFORMATION	SERVICES	LANGUAGE	POPULATION
ACCESS Community Health Network	Address: 5159 S. Ashland Ave. Chicago, IL 60609 Phone: 773.434.9216 Web: https://www.achn.net/	Family practice, internal medicine, pediatrics, school and sports physicals, obstetric/gynecological and midwifery services, and ongoing management of chronic diseases	English, Spanish	Children Youth Adult
AHS Family Health Center	Address: 2424 W Peterson Ave, Chicago, IL 60659 Phone: 800.597.5077 Web: https://www.ahsfhc.org/	Adult Behavioral Health, Adult Medical Care, Blood Pressure & Diabetes Tests, Child Behavioral Health Dental Services, Infant Care, School Physicals, Women's Health Care	Mandarin, Spanish, Arabic, Khmer, Tagalog, English	Children Youth Adult
Hamdard Health Alliance	Address: 228 E. Lake Street Addison, IL 60101 Phone: 630.835.1430 Web: https://www.hamdardhealth.org/	Crisis intervention, psychiatric evaluation, medication management/monitoring, mental health intake assessments, individual psychotherapy, mindfulness.	Arabic, Bosnian, Hindi, Polish, Punjabi, Spanish, Urdu, English	Youth Adult
Heartland Health Center- Wilson	Address: 845 W. Wilson Avenue Chicago, IL 60640 Phone: 773.506.4283 Web: https://www.heartlandhealthcenters.org/	Individual, family, group counseling, adult and child psychiatry, substance abuse counseling, and referrals to community resources.	Spanish Interpreter Available	Children Youth Adult

COMMUNITY MENTAL HEALTH CENTERS

A community-based facility or group of facilities providing prevention, treatment, and rehabilitation mental health services

ORGANIZATION	CONTACT INFORMATION	SERVICES	LANGUAGE	POPULATION
Chicago City Mental Health Center	Address: 4150 W. 55th Street, Chicago, IL 60632 Phone: 312.747.1020 Web: https://www.chicago.gov/city/en/depts/cdph/supp_info/behavioral-health/mental_health_centers.html	Individual and group therapy, psychiatric services, medication payment, case management	English, Spanish	Adult
Chicago Family Health Center	Address: South Chicago Health Center 9119 S. Exchange Avenue Chicago, IL 60617 Address: Chicago Lawn Health Center 3223 W. 63rd St. Chicago, IL 60629 Phone: 773.768.5000 Web: https://chicagofamilyhealth.org/	Assessment, individual, family, or couple's therapy	English, Spanish, Arabic	Children Youth Adult
Trilogy Behavioral Health	Address: 1400 W Greenleaf Ave., Chicago, IL 60626 Phone: 773.508.6100 Web: https://www.trilogyinc.org/	Psychiatric and general health condition services	English, Spanish	Adult
Live Oak	Address: 1300 W. Belmont Ave. #400 Chicago, IL 60657 Phone: 773.880.1310 Web: https://liveoakchicago.com/	Individual/family/group counseling, specializing in LGBTQ and trauma	Spanish, Mandarin, Hindi, Polish, English	Children Youth Adult LGBTQ+
National Alliance on Mental Illness	Address: 1801 W Warner Ave Suite 202, Chicago, IL 60613 Phone: 833.626.4244 Web: https://www.namichicago.org/	Recovery focused and Family Support Groups	English, Spanish	Youth Adult





**COMMUNITY RESOURCE
GUIDE FOR MENTAL HEALTH**



AT THE FOREFRONT
**UChicago
Medicine**



**Asian
Health
Coalition**

CENTER FOR ASIAN HEALTH EQUITY