

PULSE

One message for those facing mental health issues: There is help, there is hope

A few years ago, I was pushing my grocery cart down the aisle of the local Jewel-Osco when I heard someone behind me shout, “Mr. DiDomenico!” My initial reaction was one of confusion. Someone was calling out to my father?

But no, like many of us of a certain age, I was being formally addressed by a kind young man I knew from the community. After we had a good laugh and he agreed to call me Greg, the young man confided that he was seeking mental health resources, but he didn’t know where to turn. Given my line of work, he thought I might be of some assistance.

At Community Memorial Foundation, we hear this sentiment repeated time and time again. Our neighbors need help, but they are unsure of what resources exist and unclear about how to access those resources.

I’m writing today to tell you that there is help. Over the course of

The Hinsdalean’s two-year commitment to mental health coverage, several local organizations and professionals have contributed their expertise to educate the public and debunk the stigma surrounding many common mental health issues. The organizations include AMITA Health Adventist Medical Center in Hinsdale, The Community House, NAMI DuPage, NAMI Metro Suburban, Pillars and Robert Crown Center. Each of these provides quality, confidential and accessible services to those in need.

And here’s even better news: there are many others like them. I invite you to view the insertion included in this publication, which contains a large list of community and hospital-based behavioral health resources for adults, youth and families. All of these are locat-



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ed in our own backyard and many accept both public and private insurance, often times at a sliding scale. Some of them, like The Living Room in La Grange, offer services at no cost, regardless of insurance status.

This brings me to my next, most important point: because there is help, there is also hope. In my time at the foundation,

I’ve witnessed firsthand how these programs transform people’s lives; in fact, we’ve heard several of these stories within the pages of this very newspaper. I am heartened by the fact that our community is home to abundant resources that are available to all our neighbors, regardless of any perceived economic, cultural or language barrier.

I hope you will join the foundation and its partners as we continue to advocate for behavioral health

services and support in our community. Perhaps consider taking a free Mental Health First Aid Class or, better yet, consider hosting one at your school, church or community center.

Here’s one simple thing we can all do: share the enclosed mental health resource guide with someone you know or post it in your break room at work. Educate yourself about the many services offered in our community so that when your “Jewel moment” comes, you’ll be ready to offer assistance to someone in need.

There is help. There is hope.

— *Greg DiDomenico is president and CEO of Community Memorial Foundation. Please visit cmfdn.org/mentalhealth to download the mental health resource guide or register for Mental Health First Aid. A full compilation of The Hinsdalean’s mental coverage can be accessed at thehinsdalean.com/archive_pages/archives_mental_health.htm*