



PROVISO
TOWNSHIP | MENTAL HEALTH
COMMISSION



AMITA HEALTH

ARE YOU FEELING DEPRESSED?

MENTAL HEALTH MATTERS

*Call the 24hr Hotline:
708.681.HELP (4357)*

It affects how we think, feel and act as we cope with school and life. It also helps how we handle stress, relate to others, and make choices. Mental Health is important at every stage of our lives, from childhood and adolescence through adulthood, Mental Health Matters.

**IF YOU FEEL THE NEED TO TALK
ABOUT YOUR MENTAL HEALTH,
CALL US. WE ARE AVAILABLE
24/7**

In partnership with Amita Health, Provisto
Township Mental Health Commission, Provisto
Public Partnership