



A June update from your Proviso Township Mental Health Commission

May was Mental Health Awareness month, and the Proviso Township Mental Health Commission was out in the community supporting our residents and our care providers. We are grateful for the work that so many organizations and individuals have done to help break down the stigmatization of behavioral health issues. Whether you or a loved one is experiencing difficulties with behavioral or mental health, know that we have the resources to help you.

On May third, we were grateful for the opportunity to attend the NAMI Celebration of Hope. This annual gala is a celebration of hope indeed with individuals from our local municipalities, businesses, schools, churches, and more coming together to support the important work that [NAMI Metro Suburban](#) does in our community. Congratulations to True North Award honoree Kimberly Knake who has spent many years advocating, educating and spreading hope for individuals and families throughout the western suburbs.



We were also pleased to attend the [Broadview](#) Move With the Mayor Mind and Body Wellness Fair on May 24th. Community engagement and physical activity are important ways for us to keep our mind and body strong and healthy. We enjoyed talking with residents about all of the resources available to them through the Proviso Township Mental Health Commission.

Lastly, a big congratulations to [Healthcare Alternative Systems](#) (HAS) on their celebration of 50 years of healing and hope. HAS is an integral part of the social fabric in Proviso Township providing countless individuals and families with the behavioral health counseling and treatment that they need and deserve. We are fortunate to have them as providers and we were happy to attend their celebration gala. Here's to 50 more years of health, healing, and hope!



In June we will turn some of our focus to recognizing our residents who live with post traumatic stress disorder and the agencies that help them overcome the challenges associated with PTSD. June is also National Men's Mental Health Awareness Month.

Society often pushes men to keep their behavioral health struggles to themselves and avoid seeking treatment and support. Help us break down the stigma of mental health and encourage men and boys to share their feelings and struggles. June is also Alzheimer's and Brain Awareness month, a time when we highlight the challenges that individuals and families navigate when dealing with neurological changes.

Finally, if you or anyone you know needs behavioral or mental health support in your life, don't hesitate to reach out to the [PTMHC](#). We will connect you with providers in your community who can deliver the help that you need to stay healthy in mind and body.