

# CELEBRATING CHILDREN'S MENTAL HEALTH AWARENESS DAY



## ENDING *the* SILENCE

for adolescents ages 13-18

*In English*

Thursday, 5/10  
6:00 - 7:00 p.m.

*In Spanish*

Thursday, 5/17  
6:00 - 7:00 p.m.

3010 Grand Ave.  
Waukegan, IL

Youth  
1st fl. Grand Room

Adults  
3rd fl. Board Room



**Youth, caregivers, and adults working with youth are invited to attend a FREE public presentation to learn that:**

- **Knowledge is power**—recognize signs and symptoms of mental illness.
- **Mental illness is common**—you can help yourself and others.
- **Recovery is possible**—hear about the journey from a youth's first-hand perspective.

**For more information, call  
Lake County System of Care for Families:**

**(847) 377-8953**

**[health.lakecountyl.gov](http://health.lakecountyl.gov)**