

Let's talk about mental illness, the treatment available and how we can help. That's the approach of Linden Oaks Behavioral Health, part of Edward-Elmhurst Health.

Linden Oaks partners with local government, schools, and local and national organizations to spread the word about treatment and reduce the stigma of seeking help. An urgent need fuels these efforts, as mental illness impacts half of all Americans at some point in their lives. Yet half of adults and 70% of children don't get treatment.

Linden Oaks is changing that by:

- Serving as one of the largest providers of Mental Health First Aid in the country. This evidence-based program teaches community members how to address mental health crises.
- Providing the Signs of Suicide program to junior high and high school students.
- Collaborating with the City of Naperville and community leaders on Road to Zero Suicides, which trains individuals to recognize suicide warning signs and strengthening protective factors.
- Hosting free, public workshops on the opioid epidemic with the DuPage County Health Department and the City of Naperville. The workshops show participants how to administer Narcan, a life-saving naloxone nasal spray.
- Partnering with Kids Matter, National Association of Anorexia Nervosa and Associated Disorders, and the DuPage Health Coalition to connect low-income individuals to healthcare.

At Linden Oaks, care doesn't end in their clinics and hospitals. It's a constant connection to the community to enhance health and well-being.

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