



Hello,

Welcome to the 67th edition of our 211 newsletter, where we share information on 211 services and benefits, funding updates, and opportunities for you to become an advocate for 211.



## **Mental Health Awareness**

May is Mental Health Awareness month and a good reminder to focus on the importance of mental health and our wellbeing. Mental health can affect anyone and is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

If you or someone you know is struggling with thoughts of suicide or experiencing a mental health or substance use crisis, call or text 988, or chat [988lifeline.org](https://988lifeline.org) to reach a trained crisis counselor, 24/7.

If you're looking for information, support or access to resources, call 211 or text your zip code to 898-211 to connect with a caring person who can help guide you. 211 is confidential and available 24/7 with English and Spanish-speaking support and interpretation to more than 150 languages.

You are not alone. Help is here. Talk to someone.



## Help Is 3 Numbers Away

Knowing important phone numbers like 211, 988, and 911 can help keep you safe and connected to valuable resources in your community. Whether you need assistance finding local services, support during a mental health crisis, or immediate help in an emergency, these numbers are here for you.

Take some time to familiarize yourself with these numbers and share this information with your friends and family. By working together and supporting one another, we can create a safer and healthier Lake County community for everyone.

Remember, help is just 3 numbers away!



## Community Walk for Mental Health

United Way of Lake County's 211 team hosted a resource table at the 4th Annual Community Walk for Mental Health in Libertyville, IL. The event was sponsored by Simply Bee Counseling in Vernon Hills. The family-friendly event focused on increasing awareness around mental health and taking action. The team engaged with 25 community members, school counselors and social workers, therapists, and case managers. Walk participants learned what 211 is and how to use it. In addition, participants were able to take 211 promotional materials and request follow-up training.

# NORTH SHORE GAS®

## Community Fund

### Supporter Spotlight

*“North Shore Gas has a rich history of caring for the communities it serves. We stand proud in support of 211 Lake County, which is improving lives and enhancing the future of many residents. Together we are working to grow a stronger Lake County community.”*

–Vanessa Hall, Manager of Community Partnerships and Engagement, North Shore Gas

### Our Community of 211 Donors

Thank you to our community partners and many individuals for their generous financial support to help us sustain 211 for Lake County. [View our list of funding partners here.](#)

### How can you help?

1. Share this email and encourage your network to [opt in to 211 communications](#).
2. [Help sustain 211 with an online donation](#).
3. Follow United Way of Lake County on social media to receive timelier 211 updates.

Best regards,

**United Way of Lake County's 211 team**

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### Welcome New Subscribers

A big welcome to our new subscribers this month!  
Find links to previous newsletters so you don't miss out, [here](#).

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