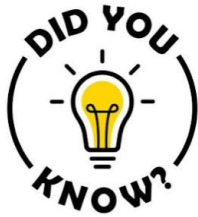


October is Mental Health Awareness Month

GLC's *Extending Grace* group seeks to shed light on the symptoms and struggles that are often internal and can seem invisible.



At least 1 in 5 adults in the U.S. experiences mental illness.
20% of the population shifted to 42% following Covid.

We know the factors that increase our risk:

It runs in our *genetics*. Some of us are more likely to get hives or have allergies, some of us are more likely to have anxiety.

Some factors are *experience* (and *out of our control*):

We don't choose our parents, where we grow up or the expectations of our lives.
We don't choose to be exposed to discrimination, traumatic experiences, or loss.

Common symptoms also become barriers:

As humans, when we struggle, we are much more likely to also feel hopeless, to feel shame, to push people away and to feel all alone.

The stigma is real!!!

In the Midwest it is just all too common to continue "pulling yourself up by your bootstraps" and to hide family stressors or mask personal struggle.

These hurts often go unspoken and unaddressed.

You are not alone.

Depression is more common than heart disease and diabetes.

It's treatable and manageable.
It's not your fault, and it's not forever.

If you experience anxious or depressive symptoms, *it's a chemical flaw, not a character flaw.*

**NO JUDGMENT.
JUST HELP.**

TEXT, CALL, CHAT

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Note: The green ribbon is widely recognized as a symbol of mental health awareness. Green has historically been associated with hope, renewal, and new life, which makes it a fitting color for mental health advocacy.