



Mental health has become increasingly important to me over the years as I have friends who struggle with it, and I have ~~been~~ mental health issues myself. I have learned to accept that therapy helps, and listening to others is important as well. I've also learned to not treat my mental health as a burden, but to share it with others to create an environment that embraces sharing issues + feelings

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#WalkAMile4MentalHealth



The Community House Junior Board, a student-run group who helps coordinate and run events like the Walk the Walk and participates in volunteer opportunities with the Willowbrook Corner Youth Learning Program provided us with anonymous reflections, experiences and opinions on mental health and wellness.

A 16 year old Hinsdale Central student wrote the powerful thoughts you see above, that read:

"Mental health has become increasingly important to me over the years as I have friends who struggle with it, and I have mental health issues myself. I have learned to accept that therapy helps, and listening to other is important as well. I've also learned to not treat my mental health as a burden, but to share it with others to create an environment that embraces sharing issues and feelings."

This is why we Walk the Walk.

For acceptance, advocacy and awareness that
mental wellness is for everyone.

When you register, fundraise and walk this year, you'll be helping to provide hundreds of people in DuPage County, *who do not have equitable access to mental health services* the chance to embrace and share their feelings with a trained professional who will help guide them on a path to wellness.

Click the link below and sign up to help!

REGISTER * FUNDRAISE * WALK

For more information on programs, classes and events, view the Summer 2021 Program Guide [here](#). Register [here](#).

The Community House | 630-323-7500 | info@thecommunityhouse.org
www.thecommunityhouse.org

*The Community House is a non-profit organization that provides recreation and cultural activities, counseling and therapeutic services, education support, and community-building opportunities.

Make a Donation



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