



FOR IMMEDIATE RELEASE

Mental Health and Wellness Top of Mind for 752 Participants Who Walked the Walk

Hinsdale, Illinois – On Sunday, May 21, The Community House hosted the 17th annual Walk the Walk for Mental Health to raise critical funding for The Counseling Center at The Community House, where children, young adults and their families are provided with one-on-one, group, and school-based counseling services on a sliding scale, meaning no one is turned away due to their inability to pay.

The Walk welcomed 752 participants who raised over \$65,000 and walked a colorful 1-mile route in Hinsdale, while being splashed with colored chalk.

“The statistics are staggering. 60% of U.S. youth with major depression do not receive mental health treatment. We have found that more often children and young adults are unable to gain access to counseling services because they do not understand what therapy entails, or they simply cannot afford it. The money raised through sponsorships and our amazing participants will allow us to continue providing equitable therapy to those who need it and help stop the stigma and fear surrounding mental health,” said Dan Janowick, Executive Director of The Community House. “We are so thrilled with the outcome of the Walk, and we are grateful to every person who helped us reach our goal, but the work is not done. As a non-profit organization, every penny counts, and we hope to continue growing our capacity to provide equitable services at The Counseling Center while growing this fabulous peer-to-peer fundraising event.”

The Walk the Walk was spearheaded by The Community House Junior Board of Directors, a group of high school students who provide volunteer services at The Community House and throughout the 8 communities they serve. “Mental health matters and is just as important as physical health.” said Maya Menon, Junior Board Co-President. “One is not less than the other – they are equally important to your overall health. The Junior Board was proud to raise awareness and funds for The Counseling Center, and we look forward to helping next year as well.”

Additionally, the Walk was supported by over 70 volunteers, 19 sponsors, 8 Hinsdale Central High School Clubs and Sports Teams, and was attended by participants throughout Illinois.

The Walk the Walk for Mental Health was sponsored in part by:

Gold Sponsor: Hinsdale Bank & Trust

Silver Sponsors: RMB Capital, Redeemer Lutheran Church, Premier Martial Arts, and Napleton Automotive Group

Bronze Sponsors: Jack Brennan-Compass Realty, Dr. Alix Charles, Dermatology, Dynamic Perception Dance Company, Ellie Mental Health, Geode Health, IMPACT Physical Therapy, Intren, and Life Insight Therapy Collective

Celebration Station Sponsors: Authentic Growth Wellness, Body20, Entact LLC, Koshgarian Rug & Carpet Cleaners, Rogers Behavioral Health, and Cathy Walsh Group - Jameson Sotheby's International Realty

Top Individual Fundraiser: Deborah Kraus & Liebchen (the Cat)

Top Fundraising Team: Hinsdale Central High School Red Devil Boys Track & Field

Highest Participation School Team: The Lane Elementary

Learn more, donate, and volunteer at www.thecommunityhouse.org.

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