



MENTAL HEALTH AWARENESS MONTH

You Are Not Alone. Help Is Here.

This month, we join millions in shining a light on mental health and reminding our community that seeking help is a sign of strength, not weakness.

[Request a Consultation](#)

May is Mental Health Awareness Month

Since 1949, May has been recognized as Mental Health Awareness Month in the United States a time dedicated to fighting stigma, providing support, and spreading awareness. This year's theme is "**Turn Awareness Into Action.**"

At **Conventions Psychiatry & Counseling**, we believe every month should be mental health awareness month. But May gives us a meaningful opportunity to reach out, check in, and remind you and everyone in your life that compassionate, expert care is available and close to home.

Did You Know?

1 in 5

U.S. adults experience a mental illness each year

50%

of mental health conditions begin by age 14

75%

of people with mental illness don't receive treatment

How We Can Help?

Our Services, Your Path Forward

Whether you're just beginning your journey or looking for advanced treatment options, we have the right care for you.



Psychiatry Services

Board-certified psychiatrists specializing in diagnosis, medication management, and comprehensive mental health treatment.

[Learn More](#)



Counseling & Therapy

Licensed therapists and psychologists offering evidence-based talk therapy for anxiety, depression, trauma, and more.

[Learn More](#)



Telehealth / TelePsych

Secure virtual appointments for all Illinois residents. Same great care from



TMS & Spravato

Cutting-edge treatment options for treatment-resistant depression. Non-

the comfort of your own home.

[invasive TMS and FDA-approved Spravato therapy. Clinically proven results.](#)

[Learn More](#)

Learn More: [TMS](#) or [Spravato](#)

This Month's Tips

5 Ways to Support Your Mental Health This May

1. **Check in with yourself.** Take a few minutes daily to notice how you're feeling physically and emotionally. Journaling can help.
2. **Talk to someone.** Whether a friend, family member, or professional connection is one of the most powerful mental health tools we have.
3. **Move your body.** Even a 20-minute walk can significantly improve mood and reduce anxiety symptoms.
4. **Limit social media.** Take intentional breaks from your feed constant comparison and news consumption can fuel anxiety and low mood.
5. **Ask for professional help.** If you've been struggling for more than two weeks, it may be time to speak with a psychiatrist or therapist. That's what we're here for.

Ready to Take the First Step?

Same-week appointments available. In-person at our Warrenville, Arlington Heights, and Naperville locations or via secure telehealth from anywhere in Illinois.

[Request a Consultation](#)



Our Locations

Three convenient locations across the Chicago suburbs Warrenville, Arlington Heights, and Naperville. In-person and virtual appointments available.

[Learn More](#)



Clinical Trials

Conventions Research is currently enrolling participants for clinical trials studying new treatments for depression, ADHD, and other mental health conditions. No cost to qualified participants. Ask us if you qualify.

[Learn More](#)



Services

From psychiatric evaluations and therapy to TMS, Spravato, and genetic testing we offer comprehensive mental health care tailored to your needs.

[Learn More](#)



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