

Mental Health Awareness

1/5 adults suffer from mental illness

30% of college students reported feeling
depressed in 2021

Untreated mental health issues increase risk of
substance use and school drop out

(<https://www.nami.org>)



KCC students get 4 free counseling sessions

call: 630-423-6010

email: contact@transformativegrowth.org

visit: transformativegrowth.org