



“There is help available to help you feel better”

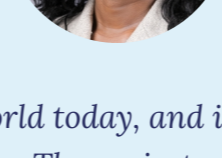
CDPH Commissioner Dr. Ige shares mental health tips and resources

May is Mental Health Awareness Month, a time for breaking stigmas around mental health. Sharing personal stories is one of the most powerful ways to inspire others to seek support.

We sat down with Dr. Olusimbo “Simbo” Ige, Commissioner of the Chicago Department of Public Health (CDPH), to learn about her mental health story and hear how all Chicagoans can access free mental health resources.

[WATCH THE FULL INTERVIEW HERE](#)

How can people preserve their mental health and take action for their own mental wellbeing?



There is so much going on in the world today, and it is OK to feel overwhelmed, exhausted, tired, frustrated, or angry. The easiest way to get help is having a community of support: Friends, family, and people who can help you when you're feeling overwhelmed. You can also reach out to professionals who can listen and support you.

Don't ignore the signs when things are going south. If you experience feelings of hopelessness – frustration, anger, sadness, and a lack of interest in things you enjoy doing that last more than two weeks – that is the time to ask for help.

We're lucky here in the great city of Chicago to have the Chicago Department of Public Health. What are some places that folks can seek out education and other resources?



We like to provide wrap-around support across the spectrum. Just a few of the options include:

CDPH Mental Health Centers, which offer **mental health screening, individual/group therapy, case management and help managing your medications**.

Healing Arts Chicago, a series of **free arts classes and workshops** to support mental health and wellness. Options include movement, yoga, meditation, music, painting, writing, and more.

NAMI Chicago, which provides **online and in-person support** for those experiencing thoughts of suicide.

CARE (Crisis Assistance Response and Engagement) team, a **mobile crisis support service** available through 911 emergency services.

There is no wrong door. Whatever is comfortable for you – online, in person, in the clinic, elsewhere – we want people to be able to access the mental health services and support they need.

And I'm very glad to say that **CDPH provides services regardless of ability to pay**. Having insurance is not a requirement for the services we offer across the city.

As a woman and a newer Chicagoan, how are you focusing on your mental health and taking advantage of our city's many resources?



I am indeed a woman; I am a wife; I am a mother to two wonderful young men; and I also lead a governmental public health agency with more than 700 staff and 22 locations. I am very intentional about taking care of my body and my mental health.

Some of the things I do are:

- Journaling every night to process my feelings so I can have a restful sleep
- Incorporating fruits and vegetables into my diet
- Unwinding with comedy like standup and sitcoms
- Walking by the lakefront
- Working with a therapist

Like many parents, I have family and children that also have mental health issues, and have required support and therapy. My son had anxiety disorder and depression, so I understand what it means to be a caregiver to those who have mental illness and navigate the complexity of our healthcare system.

Connect with free mental health resources

Call 211 or visit chicago.gov/health to find a local clinic and other resources

Call 988 or visit 988lifeline.org for suicide and crisis support

Call 911 and request [The CARE team](#) for mental health crisis support

Visit theshinehopecompany.com to learn about the role of hope in mental health

COMMUNITY HEALTH



Get year-round services + support from Chicago's LGBTQ+ organizations

For 55 years, LGBTQ+ Pride has been observed throughout June, commemorating the Stonewall Riots of 1969, a pivotal moment in the fight for LGBTQ+ rights. Pride 2025 is less about festivities and more about resilience and advocacy.

These Chicago LGBTQ+ organizations and others continue their life-saving support amid increasing political and legislative threats:

Brave Space Alliance (BSA): A center on Chicago's South Side offering services, programs, and an affirming space where trans and LGBTQ+ people are centered.

The HUB: A CDPH-funded community partnership that provides information; connections to HIV and housing services; and emergency financial assistance.

Groceryland (5543 N. Broadway): Founded as Open Hand Chicago in 1988, Groceryland delivers meals to those who cannot leave home to shop for food.

The Chicago Black Gay Men's Caucus: The Caucus works to advance health equity among Black gay, bisexual and same-gender-loving men through HIV/AIDS prevention and treatment, and substance use education and treatment.



PlayStreets returns with a focus on priority communities

This year, Chicago's PlayStreets programming focuses on community health in six priority neighborhoods. All summer, community events in these neighborhoods will provide fun programming and resources as part of CDPH's effort to help narrow Chicago's racial life expectancy gap.

[LEARN MORE ABOUT PLAYSTREETS AND FIND AN EVENT NEAR YOU](#)

COMMUNITY SAFETY



Chicago community organizations receive \$20 million to curb gun violence

June marks Gun Violence Awareness Month, a time to honor the lives lost and support survivors, families, and communities impacted by gun violence. It's also a call to action to come together and drive meaningful change to make our communities safer.

This year, the City has granted \$20 million in community violence intervention funding to put resources in the hands of trusted messengers and organizations.

[LEARN MORE](#)

COMMUNITY RESOURCES



Environmental News You Can Use in Your Neighborhood

CDPH recognizes that health is not just the absence of disease – it is a state of complete physical, mental, and social well-being. And that requires a healthy environment. CDPH Environmental Updates includes relevant news and opportunities for engagement within YOUR community, so we can make change together.

[LEARN MORE ABOUT CDPH'S ENVIRONMENTAL WORK](#)

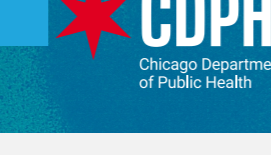
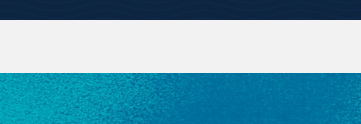
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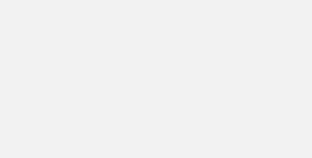
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CHICAGO HEALTH ATLAS

The Chicago Health Atlas is a place to review and compare health-related data over time and across communities. It's an evolving tool that allows residents to see progress against Healthy Chicago priorities.

[CHECK OUT OUR PROGRESS](#)



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