MAY UPDATE

May is both Military Appreciation Month and National Mental Health Awareness Month, making it the perfect time to recognize and honor the sacrifices and contributions of those who have served in the armed forces, as well as to raise awareness about the challenges they face.

AFTER ACTION REPORT

On April 19th, ILF held its 2023 Annual Summit Operation Center Visit. The summit, geared toward industry leaders and veterans service providers, brought people throughout the state together for a single purpose: Veteran Suicide Prevention. Throughout the day, participants were able to hear from ILF, Illinois Department of Veterans' Affairs Director Terry Prince, Illinois Army National Guard Adjutant General Maj. Gen. Richard J. Brackney, Illinois Senate President Don Harmon, and Senior Veterans Advocate Senator Jason Arant. The day concluded with a panel discussion featuring various speakers, including mental health experts, social workers, and other professionals in the field.

The event was hosted in the ILF Offset Factory at 6006 S. Morgan St., Chicago, IL 60637. Attendees were able to view exhibits, meet with vendors, and participate in various activities throughout the day.

SUICIDE AWARENESS & PREVENTION

Research suggests that suicide prevention is best achieved by focusing on the individual, family, and community. It also suggests that everyone can play an important role in helping prevent suicide, and that recognizing the warning signs when a Veteran is in crisis can make the difference in saving the Veteran with whom they are connected.

Are you a veteran in crisis or concerned about someone? You're not alone. Call ILF's Suicide Prevention Hotline: 1-844-ILF-SAVE (453-7283).

LIF CARE COORDINATION CENTER (LCC)

The LCC is available to assist you with your mental health and other needs. To request assistance, call 1-844-ILF-SAVE or visit www.illinoissuicideprevention.org.

IDVA NEWS & UPDATES

See what's happening at the Illinois Department of Veterans' Affairs.

IFJ FEATURE WELLNESS

"Self-care isn't selfish. It's absolutely necessary."

There are many ways of self-care: physical, emotional, social, and spiritual. Practicing self-care means doing things for yourself and actually doing it when you need to do it. At its core, practicing self-care means taking the time to do things that make you feel good and that enable us to get up and start right away. Taking care of your own mind and body is important for everyone, especially the military and veteran population. This approach to self-care can be personalized and personalized to you.

Below are examples of self-care activities that may be beneficial:

Exercise: Regular physical activity, such as walking, running, swimming, or weightlifting, can help improve mental and physical health.

Nutrition: Eating a balanced diet can help maintain physical health and energy levels.

Sleep: Getting enough sleep is essential for physical and mental well-being. Developing good sleep habits, such as creating a relaxing bedtime routine, avoiding caffeine and alcohol before bed, and sleeping in a cool, dark, and quiet room, can help improve sleep quality.

The approach to self-care can be personalized and personalized to you.

For more information and resources, contact ILF or visit the Illinois Mental Health Network.