

Spring 2024



Mended Hearts

Therapeutic Riding Center



Getting Help When Money Is Tight

Hardship and Veterans' Funds at Mended Hearts

Here at Mended Hearts, we believe everyone should have access to quality mental health care. It's part of our mission as a 501(c) 3 nonprofit, and why we offer sliding fees for people who don't have insurance or whose insurance doesn't cover mental health care.

Did you know we also have a hardship fund? If something has happened that prevents or reduces your ability to pay for counseling, you can complete an application for assistance to have some or all of your counseling fees covered. Contact us at mendedheartsoffice@gmail.com or request an application at the front desk.

GIVE NOW!

Thanks to a generous donor, we have recently created a hardship fund specifically for veterans who receive therapy at Mended Hearts. If you can, please donate so that those who serve our country can receive the mental health care they need. Contact us at mendedheartsoffice@gmail.com to learn more.



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www.mended-hearts.org



Meet the newest member of the Mended Hearts family, Dixie Rose!

What's Happening?

March

- LGBTQ Health Awareness Week - <https://healthlgbtq.org/awareness-week/>
- World Bipolar Day March 30 - <https://ibpf.org/learn/programs/world-bipolar-day>

April

- Alcohol Awareness Month - <https://www.niaaa.nih.gov/>

May

- National Mental Health Awareness Month - www.nami.org
- National Teen Self-Esteem Month - <https://www.healthassured.org/blog/national-teen-self-esteem-month/>



Helping Your Teen Grow Their Self-Esteem

Has your teenager turned into someone you don't recognize? There's a good reason for that! Today's teens are not only dealing with normal physical, emotional and hormonal changes, they're often trying to navigate peer pressure, social groups at school, and impossible standards perpetuated by social media influencers and celebrities. Despite all of these outside influences, you can help grow your child's self-esteem and self-confidence.

- Model good behavior: Avoid negative self-talk.
- Ensure you have open lines of communication – listening without criticism or offering advice, unless your child asks for it.
- Show you can be trusted. If your teen confides in you, don't share their secrets.*
- Encourage well-reasoned decision-making; ask your child what they hope to gain, as well as what could go wrong.
- Give them space and allow them to learn from consequences.
- Listen and take an interest in their life.

If your teen is struggling or you'd like to improve your relationship with them, we're here to help.

*This does not apply in cases of self-harm or suicidality.