



DISTRICT 19 CSB

Crisis Assessment Center

Recovery is Possible!

Words of support from someone that has been in crisis and came out on the other side.....“The journey back to sanity and health isn't an easy one.

But in all my years of struggling with manic depression, I have never felt so hopeful. The shame that once went with mental illness no longer exists. A lot of days we wake up smiling. We know there's going to be a brighter tomorrow - for us and millions of others”.

Don't wait until tomorrow to get the

help you need today. Call to

let us know you are coming

in to the CAC today!



The Road to Recovery Isn't Always Easy

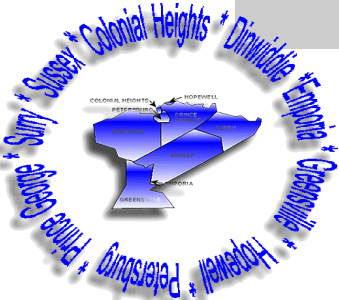


D19 CSB

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