

Kane County Health Department Hosts Free Mental Health Awareness Month Webinars

The Kane County Health Department (KCHD) is recognizing Mental Health Awareness Month this May by offering two free educational webinars focused on behavioral health and aging-related services. Both webinars are free to attend, and Spanish interpretation will be available to improve accessibility for community members.

The webinars aim to increase awareness, reduce stigma, and connect community members, providers, and caregivers with valuable information and resources.

The first webinar, Double Jeopardy: Addressing Substance Use Disorder and Problem Gambling, will take place on Monday, May 18, 2026, from 10:00 to 11:30 a.m. This session will explore the intersection of substance use disorder and problem gambling, two issues that can significantly affect mental health, families, and communities. Register here to get the Zoom

link: <https://us06web.zoom.us/meeting/register/1AuDA4LsQg2YltdP6o2hTw#/registration>

The second webinar, An Overview of Aging and Aging Services, will be held on Friday, May 29, 2026, from 9:00 to 11:00 a.m. This presentation will provide an overview of aging-related services and resources available to support older adults and caregivers. Register here to get the Zoom link: <https://us06web.zoom.us/meeting/register/bIaFWrOmQ36hiofTvC4dsw#/registration>

“Mental health challenges affect individuals and families across Kane County every day, whether through substance use, gambling, aging-related concerns, or other life stressors,” said Michael Isaacson, KCHD Executive Director. “Education and awareness are essential to helping people recognize when support is needed and to connect them with resources that can improve health and quality of life. These webinars are part of our ongoing commitment to strengthening behavioral health in our community.”

Community members are encouraged to attend and take part in these important conversations during Mental Health Awareness Month. In addition, community members, businesses, and organizations are invited to participate in KCHD's 988 Suicide and Crisis Lifeline awareness campaign, and pick up a 988 yard sign at either 1240 N. Highland Avenue, Aurora, or 2170 Point Blvd., Elgin, Monday through Friday, 8:30am - 4:30pm. By placing 988 yard signs throughout Kane County, we're helping remind our community that free, confidential crisis support is always available and that help is just a call or text away.

For more mental health resources, visit: <https://www.kanehealth.com/Pages/Behavioral-Health.aspx>