

BELINDA'S STORY

"With Pillars, my life has changed ALL for the better....I would recommend anyone who needs help to go to Pillars."

One in four Americans lives with mental illness. Chances are someone you love is dealing with a mental health issue right now.

Like many adults who have lived with mental illness since adolescence, Belinda's primary support was her mother. The death of her mother, the loss of her support system, sent Belinda and her children into a downward spiral.

Belinda suffered from major depression. Homeless and jobless, she was overwhelmed and had trouble handling everyday tasks. Belinda felt lost, hopeless and disconnected.

Belinda was referred to Pillars where our highly skilled and compassionate team provided therapy and medication management to help her treat her depression. She learned how to trust and maintain healthy relationships. Equipped with these vital skills, Belinda was better able to handle every day challenges.

Belinda participated in Pillars' Supported Employment Program, through which she received employment counseling and job training. For the past year, Belinda has experienced great success. She is employed and is maintaining a home, something Belinda was unable to do before. [People like you helped to make Belinda's success possible by supporting our work through donations to Pillars.](#)

With the support and guidance of our staff, Belinda discovered how to help herself. Today, Belinda speaks highly of Pillars, boasting that the staff really helped her through an extremely hard time in her life. She says, "If it weren't for Pillars, I probably wouldn't be here." Belinda learned she is not alone. She rediscovered connections with those important in her life. Belinda found hope.

For Belinda, and so many others, Pillars is here to help.

Want to make a difference? Help others like Belinda in our community. Give the gift of hope. [Make a donation and change a life today.](#)

Donations can be made **on-line**, visit our Donate Online page at www.pillarscommunity.org; **by phone**, call 708.995.3514; or **via mail**, send your donation to Pillars, 333 North LaGrange Road, LaGrange Park, IL 60526.

Thank you for helping build healthier communities!