

MENDED HEARTS

Winter/Spring 2026

1431 Lourdes
Road, Metamora,
IL 61548

309-383-4323
[https://mended-
hearts.org/](https://mended-hearts.org/)



FEEDBACK NEEDED

Client feedback helps people find the right therapist. Leaving a Google review about Mended Hearts supports us and others. Reviews are optional and anonymous. BCBS clients can review us via the BCBS web site.

SCHOOL LETTERS AVAILABLE

Attending therapy is just like having a doctor's appointment. We are happy to provide a letter to your child's school for an excused absence - just ask at the desk.

MENTAL HEALTH MONTHS

- January - [National Stalking Awareness Month](#)
- February - [Teen Dating Violence Awareness Month](#)

LIVING WITH ANXIETY

In the U.S., approximately 26% of men and 40% of women suffer from anxiety. Anxiety disorders typically begin in childhood and early adulthood, and everyone at some point in their life has anxiety or stress.

- Think about your triggers.
- Know when to ask for help.
- Try deep breathing exercises.
- Exercise on a regular basis: Even low-intensity exercise of 15 minutes three times per week can help.
- Medication isn't the first choice; cognitive behavioral therapy is the most effective treatment for anxiety.
- Working through anxiety takes time; be patient with yourself.





2025 CHRISTMAS PARTY

Thanks to everyone who joined us for our Christmas Barn Party in December!

Thanks also to the vendors who shared their amazing products and the volunteers who helped organize and clean up.



988 AND 211

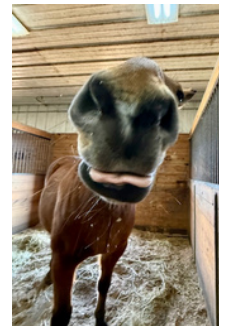
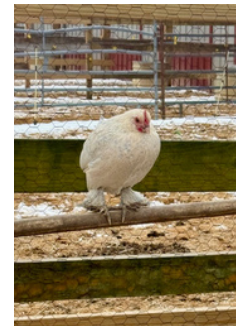
You may have heard someone at the office mention “988” or “211.” Both offer helpful resources but are very different in what they provide.

988 is for immediate mental health, substance use, or suicide crises. When you call 988, you will be connected to trained counselors who can help with emotional distress, particularly suicidal thoughts.

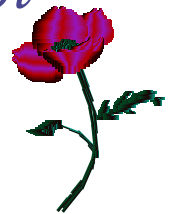
How to use: Call, text, or chat online for immediate support.

211 is for finding local health and human services, such as food, housing, utility assistance, childcare, or disaster relief.

How to use: Call, text, or search online for information and referrals at <https://211hoi.myresourcedirectory.com>



*Just because
the negative
thoughts are
loud does not
make them
true.*



Meet Gloria, our one-of-a-kind Scottish Highland cow. She lives in harmony with horses, chickens, turkeys, cats, dogs, and goats. Every day, Gloria shows us that differences don't divide us - love unites us.

If animals can choose kindness, patience, and friendship, imagine what we could do. Let Gloria be your reminder to lead with love, lift others up, and make the world gentler wherever you go.