



Media Release

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From: Tazewell County Health Department
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For Immediate Release

Tazewell County Health Department Offers Mental Health First Aid Training

Local Area is Part of a National Initiative to Increase Mental Health Literacy

In response to our nation's mental health crisis, Tazewell County Health Department will bring FREE Mental Health First Aid training to Tazewell County. Adult Mental Health First Aid will be offered in two locations during April. Youth Mental Health First Aid (for adults interacting with youth ages 12-18 years of age) will be offered at one location during June.

- Tuesday, April 11 at Pekin First Nazarene, 3514 Broadway St., Pekin
- Thursday, April 27 at Fondulac District Library, 400 Richland St., East Peoria
- Tuesday, June 6 at Pekin Public Library, 301 S. 4th St., Pekin
- Saturday, June 10 at Creve Coeur Christian Church, 101 S Thorncrest Ave, Creve Coeur

This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might struggle with a mental health or substance use challenge – and connect them with support and resources when necessary.

One in five Americans has a mental illness, but many are reluctant to seek help or don't know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. Friends and family members may find it hard to know when and how to step in. Those in need of mental health services rarely receive care until it is too late.

As CPR helps even those without clinical training help an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Mental Health First Aiders learn a 5-step Action Plan that guides them through reaching out and offering support.

"Never has it been more important for our communities to talk about mental health and substance use," says Chuck Ingoglia, president and CEO of the [National Council for Mental Wellbeing](#), which helped bring Mental Health First Aid to the U.S. in 2008. "This program is breaking down barriers and stigma so that together we can learn how to better support one another. Without mental health, there is no health."

In just 15 years, Mental Health First Aid has become a full-blown movement in the United States – over 2.5 million people are certified Mental Health First Aiders, and that number is growing every day.

"Mental Health First Aid makes sense! The skills we teach, work - and they change lives for the better," said Mental Health First Aid instructor, Kim Litwiller. "I love having the opportunity to help increase someone's capacity to understand and respond to a person facing a mental health crisis or challenge."

For more information or to participate in a Mental Health First Aid training visit www.tazewellhealth.org or contact instructors at MHFA@TCHD.net.

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For more information on public health issues, visit <http://www.tazewellhealth.org>