



Media Release

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Tazewell County Health Department receives Community Needs Grant for Mental Health

Tazewell County Health Department (TCHD) received a \$13,800 award from the [Community Foundation of Central Illinois \(CFCI\)](#). This funding will be used to certify 2 additional staff members as [Mental Health First Aid \(MHFA\)](#) instructors and offer 8 trainings at no cost to participants.

These trainings will not only increase awareness and knowledge surrounding mental health but will also give participants the tools they need to recognize, understand, and assist individuals who are experiencing mental health or substance use crisis or challenge.

“Mental Health First Aid is the perfect skill to add to your mental health toolkit,” TCHD MHFA instructor Shanita Wallace said, “The tools we teach not only work, but they can be applied in real-life everyday situations. From a small mental health challenge to a larger mental health crisis, what we teach in MHFA helps save lives. It gives participants a chance to become a vital link between someone experiencing a mental health challenge and the services they may need.”

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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