



## Media Release

For Immediate Release  
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For more information contact:  
JD Raucci  
@ 309-929-0395

### **TCHD awarded Community Needs Grant for Mental Health First Aid (MHFA) instruction**

Tazewell County Health Department (TCHD) has received a \$6,000 award from the [Community Foundation of Central Illinois \(CFCI\)](#). This funding will be used to continue offering [Mental Health First Aid \(MHFA\)](#) instruction to community members free of charge.

Courses are offered to adult learners in both Adult MHFA (responding to adults with mental health or substance use challenges) and Youth MHFA (responding to youth with mental health or substance use challenges). These trainings serve to increase awareness and decrease stigma surrounding mental health while giving participants the tools they need to recognize, understand, and assist individuals who are experiencing mental health or substance use crises or challenges.

“Mental Health First Aid empowers our community to care for one another,” TCHD MHFA instructor Leslie Wilson said, “When we understand how to recognize and respond to signs of mental distress, we can save lives. Every person trained becomes a vital link to hope, recovery and support, helping make mental wellness a priority for our community.”

For more information or to participate in a Mental Health First Aid training visit [TazewellHealth.org](http://TazewellHealth.org) or contact instructors at [MHFA@TCHD.net](mailto:MHFA@TCHD.net).

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