



Illinois Public Health Association

The voice of public health in Illinois.

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CONTACT

Tracey Smith, DNP
Director of Community Health
Illinois Public Health Association
tsmith@ipha.com

Illinois Public Health Association Announces Partnership for Mental Health and Trauma-Informed Awareness Month in May

SPRINGFIELD, IL – May is Mental Health and Trauma Awareness Month, a time to raise awareness of the impacts of trauma on the physical, emotional, and mental wellbeing of children, families, and communities. To commemorate the month, the Illinois Public Health Association is proud to partner with the Illinois Light Initiative the national #WeHealUs movement, and several state partner organizations.

In June of 2021, Illinois adopted [SR 0301](#) and declared itself a Trauma-Informed and Healing-Centered State.

“Being trauma informed recognizes the presence of trauma and the role that it plays throughout someone’s life resulting from past traumatic experiences. Trauma is the response a person has to a deeply disturbing or stressful event that affects an individual’s ability to recover and impacts them mentally and/or physically. On an organizational level, being trauma-informed changes organizational culture to emphasize respecting and responding to the effects of trauma at all levels in a person’s life, including what experiences or trauma they have had that affects their identity, relationships with others and their world view. Healing in all policies is a must. Community healing will only occur when we acknowledge the historical harms done to individuals.”

“We call on all individuals and leaders in Illinois to realize that trauma exists and has widespread effects, recognize the signs and symptoms of trauma, and to respond proactively and resist re-traumatization to allow for healing to begin.”

Join IPHA in furthering this grassroots movement to raise awareness on the effects of trauma and the importance of healing-centered policies. Visit www.wehealus.org to join the movement.

Illinois Public Health Association

The Illinois Public Health Association is the oldest and largest public health association in the State of Illinois, powered by more than 6,000 public health professionals and advocates. As one of the largest affiliates of the American Public Health Association, IPHA is widely recognized as a leader in the field of public health advocacy, health education and promotion.

WeHealUS

WeHealUS is a grassroots campaign that honors May as Mental Health Awareness Month by amplifying the hard work of individuals, organizations, and local/state governments building resilience and healing. Nationwide, more states and municipalities are embracing trauma-informed and healing-centered policies and practices because resilience grows through healthy and informed relationships.

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