

Community Trauma Team

A certified group of volunteers providing emotional support, training, and crisis debriefing after traumatic events. The team helps reduce the emotional impact of trauma for all ages with **FREE**, confidential support.

What We Respond To

Serving residents in Peoria, Tazewell, Woodford, Putnam, Stark, and Marshall Counties, we respond to:

- Natural disasters
- Community violence
- School or workplace incidents
- Suicide or sudden loss

How We Can Help

We help individuals manage the emotional, physical, and behavioral effects of trauma. Services may include:

- Individual or small group crisis debriefing
- Education on stress management
- Teaching of coping skills and new behaviors to manage stress
- Development of action plans
- Identification of community support resources
- Follow-up and referrals for those needing additional professional intervention
- Youth Mental Health First Aid training

Could This Help You or Someone You Know?

If you or someone you care about has experienced a sudden, traumatic event and is struggling to cope, support is available. Trauma can cause what's known as critical incident stress, which may include:

- Difficulty sleeping or changes in eating habits
- Feeling overwhelmed, anxious, or guilty
- Trouble returning to daily routines
- Negative thoughts or blaming yourself
- Emotional numbness, fear, or anger



Contact the Trauma Team

CommunityTraumaTeam@chail.org

309-315-9876

Please leave a detailed message, and a team member will return your call as soon as possible.

