



730 N. Pawnee St, Taylorville, IL 62568

Phone: 217-824-4113 Fax: 217-824-5407

FOR IMMEDIATE RELEASE

Contact:

Christian County Health Department

Phone: 217-824-4113

Email: Lynn.Zuber@ChristianCountyHealth.org

Family Mental Health Night at the Taylorville Public Library

The Christian County Health Department in partnership with Taylorville Public Library, invites the community to an evening of learning, creativity, and connection at Family Mental Health Night on Wednesday, November 5 from 5:00 to 7:00 p.m.

This free, family-friendly event aims to encourage open conversations about mental wellness and provide practical tools to support emotional health for all ages. Attendees will have the opportunity to participate in hands-on activities and listen to an engaging speaker focused on mental health awareness and resilience.

Event Highlights Include:

- **Speaker Series with Payton, Mental Health Case Worker**
Learn about common mental health conditions, building resilience, stress management, healthy communication, and the impact of screen time and social media. The session will conclude with an open Q&A.
- **Activities for All Ages**
 - *Resource Bulletin Board:* Share a kind note or encouraging message.
 - *Mindful Coloring Station:* Relax and unwind with calming music and coloring pages.
 - *DIY Stress Ball Station:* Make your own stress ball, materials provided!
 - *Mindful Craft Kit for Kids:* Creative activities designed for younger participants.

“Talking about mental wellness is something that benefits the whole family,” said Payton Langen, Christian County Health Department’s Mental Health Case Manager. “This event creates a welcoming space to learn, express creativity, and build connections that strengthen mental health for everyone. We hope to see you there!”

This event is free and open to the public. No registration is required.

For more information, please contact the Christian County Health Department at 217-824-4113.