



**Metropolitan Water  
Reclamation District  
of Greater Chicago**



**2022 MWRD**

**AFRICAN AMERICAN**

**HISTORY MONTH**

## **Cheryl Tillman M. Ed, CEAP**

**Cheryl Tillman** is an Account Manager for Inova Employee Assistance Program and has over 20 years of Employee Assistance Program account management experience. She holds a Master's Degree in guidance and counseling from the University of North Carolina. Cheryl is a Certified Employee Assistance Professional (CEAP) and has managed all types of EAP accounts over her career and is an experienced training specialist, developing and delivering on-site training and seminars. She also has an extensive background in Critical Incident Services coordination and delivery. Cheryl will be discussing Black History Month : Breaking Down Barriers to Mental Health Care.



Mental illness affects one in four Americans. However, African Americans are disproportionately more likely to experience mental health issues and social stigma. Ongoing stigma and lack of access to health care act as barriers for anyone with a mental health condition, but experts argue there is a particular disparity when it comes to minorities, especially African Americans, which can contribute to individuals not receiving proper support or treatment to feel better.