

**Do you know how to identify signs of worsening mental health in adults?
Would you know how to respond and provide support if someone was
experiencing a mental health crisis?**

In Ohio, 16 of the 17 counties with the highest rates of suicide are rural. Behind every number is a person who was a friend, family member, colleague, or neighbor. Sign up for a Mental Health First Aid training and learn how to recognize signs and symptoms of mental health challenges in adults and how to help in a mental health crisis.



Who should attend?

- All OSU Employees
- Community Leaders
- Members of the Ag Community
- Anyone who wants to learn new tools to assist farmers during difficult times

How this course works:

- Register to attend at: <https://go.osu.edu/farmstress22mhfa>
- Complete 1.5 hours of self-paced learning online (access to materials provided approximately two weeks prior to training)
- Attend an interactive and engaging virtual training hosted on Zoom.

Upcoming Trainings:

Sept. 29
Oct. 7 or 27
November 4
December 2

***This course is valued at \$170 but is FREE thanks to
funding from a USDA FRSAN grant.****

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