

**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?**

Sign up for a Mental Health First Aid training and learn how to recognize signs and help adults who might be experiencing a mental health challenge.



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. 8 or 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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