

Mental Health Resources for Extension Employees

Your program area or county may have different resources available. These are just a few resources that may be helpful if someone visits your Extension Office and talks about mental health or seems like they might want support..



Ohio Mental Health Resource Guide. This guide contains information about mental health resources available in each of Ohio's 88 counties. Find it at <https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>



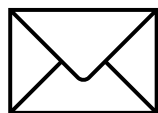
Farm Stress Certified Provider Directory. This directory lists counselors and therapists who may be able to better speak to issues that face individuals who farm, work in agriculture, or live in rural areas. [Find the latest copy here](#) or visit the “find a professional page” of the Farm Stress website.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid courses are a great way to learn how to recognize signs of worsening mental health and how to connect someone with appropriate professional help. A team of Extension instructors will be offering these courses at no charge through August 2023. Visit go.osu.edu/farmstress2023adultmhfa for dates and times.



Your **ANR Behavioral Health Program Specialist**, Bridget Britton, is available to help answer your questions about mental health resources available to you and residents in your county. Email Bridget at britton.191@osu.edu if you have questions related to mental health resources.

