

*First Aid isn't always a band-aid, CPR, or the Heimlich Maneuver.
Sometimes people just need YOU!*

Learn more about the warning signs and symptoms of mental health issues.

Who should attend?

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



What you will learn:

- How to identify warning signs
- How to provide support to someone dealing with a mental health crisis
- Where to find resources when someone needs help

NEXT TRAINING: JANUARY 14, 2022 10AM-4PM

FUTURE TRAININGS:

February 16

March 10

March 24

April 14

April 28

May 6

May 25

June 3

June 23

July 18

July 28

August 12

August 25

Two hours of self-paced training needs to be completed prior to the 4.5 hour Zoom training which begins at 10:00 A.M. and includes a lunch break.

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

*This research was supported by the intramural research program of the U.S. Department of Agriculture, National Institute of Food and Agriculture, 7 U.S.C 5936, Section 7522 of FCEA of 2008, Farm and Ranch Stress Assistance Network (FR SAN).

Sign up today at: <https://go.osu.edu/farmstress22mhfa>



Get Farm Stress Certified: <https://go.osu.edu/farmstresscertified>

This three-course program is designed to give mental health professionals the understanding and resources needed to assist the agricultural community.

Module 1 Dates:

January 12

February 9

June 1

July 19

Module 2 Dates:

January 24

February 16

March 21

April 26

May 17

Module 3 Dates:

March 18

April 22

May 10

June 7

July 13

**Get Certified in Mental Health First Aid: <https://go.osu.edu/farmstress22mhfa>**

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**Become a Mental Health First Aid Instructor for adults <https://go.osu.edu/farmstress22mhfa2>**

*You can teach other adults to know the warning signs and symptoms of a mental health crisis and learn about options for recovery. Space is limited to 16 per class**

April 20-22