

***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

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.*

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

