

March 10th from 9 a.m. – 3 p.m. on Zoom

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

Nearly one in four Ohioans experience mental health challenges. Behind every number is a friend, family member, colleague, or neighbor. Sign up for the Adult Mental Health First Aid training and learn how to recognize signs and symptoms of mental health challenges and how to help in a mental health crisis.



Who should attend?

- All OSU Employees
- All Farm Bureau Employees
- All SWCD Employees
- All County Employees
- Community Leaders
- First Responders
- Members of the Ag Community
- Anyone who wants to learn new tools to assist farmers during difficult times

How this course works:

- Register for your course:
 - Contact Catelyn Turner @ 740-472-0810 or email at turner.1630@osu.edu
 - Name and email address is needed
- 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.

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

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