

*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 farmers 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: APRIL 14, 2022 10AM-4PM**

**FUTURE TRAININGS:**

May 6

June 3

July 18

August 12

*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>**