

Mental Health First Aid in Jasper County

When: Wednesday, August 8, 2018, 8:00 AM to 5:30 PM CST

Location: Rensselaer Public Library
208 W. Susan Street
Rensselaer, IN 47987

Cost: \$50.00 per participant; Registration required, lunch included

*Registration: For more details and to sign-up, visit: <https://bit.ly/2JGdznd>

What is Mental Health First Aid?

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

Who Should Attend?

Mental Health First Aid is open to **any** adult who is interested and wants to learn skills to assist those who may be in need.

If you work with or in the agriculture industry, this may be a valuable course to attend. The agriculture industry can be very stressful with possible on-the-farm injuries, large loans for land and equipment, along with volatile pricing. These circumstances lead to high rates of stress and leave individuals looking for ways to cope, which puts a strain on their mental health and overall well-being, as well as that of their families.



- Nearly 75% of farmers and farmworkers say they have been directly impacted by the opioid epidemic.
- Individuals in the farming, fishing and forestry occupational group are statistically more likely to commit suicide than any other.