

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

This can be a difficult topic, but it is empowering knowledge for your personal and professional life. In Ohio, 16 of the 17 counties with the highest rates of suicide are rural*. According to Mental Health America, at 23.64 percent, Ohio is the state with the fourth highest percentage of adults experiencing a mental illness in 2022. Behind every number is a person. Nearly one in four of your friends, colleagues, family and neighbors are struggling with their mental health.

Sign up for Mental Health First Aid training and learn how to recognize signs and symptoms of mental health challenges in adults and empower yourself to help in a mental health crisis.



How this course works:

- Register for the course on the day that works best for you – www.oaswcde.org
- Complete 1.5 hours of self-paced learning online (access to materials provided approximately two weeks prior to training)
- Attend the not-boring training with OSU Extension instructors and other Ohio conservation staff

Date:	Location:
Thurs, October 27	Hancock County Ag Center- 7868 County Road 140, Findlay
Wed, November 2	ODNR Area 3 Headquarters- 912 Portage Lakes Dr, Akron
Thurs, November 3	Muskingum EMA – 2215 Adamsville Road, Zanesville
Tues, November 8	Clark County SWCD- 3130 East Main Street, Springfield
Wed, November 9	Ross County SWCD- 475 Western Avenue, Chillicothe

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

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Each training will be from 9-3:30p, with an hour for lunch on your own