

**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](http://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