

# MENTAL HEALTH FIRST AID FOR THE AGRICULTURE COMMUNITY

Learn how to help someone  
experiencing mental health  
or substance use issues



Illinois Extension

## Farmers, ranchers, and agricultural workers have worse mental health than the general population.

Give someone a hand. Gain skills to identify signs of mental health issues, learn how to communicate with someone experiencing them, and leave with resources to connect someone with help.

**TOPICS:** Mental illness symptoms, substance use signs, crisis interaction, trauma, addiction, self-care.

**WHO IS IT FOR?** Ag producers, agribusiness personnel, stakeholders, and anyone who wants to support the agriculture community.

**January 19 | 8 am-3:30 pm CT | Online**

**Sign Up** for free online at  
[go.illinois.edu/mentalhealth2022](https://go.illinois.edu/mentalhealth2022)

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*If you need a reasonable accommodation to participate in this program, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your access needs.*



**Presented in partnership with the Farm Family Resource Initiative and the SIU Medicine Center for Rural Health & Social Service Development.** College of Agricultural, Consumer and Environmental Sciences. University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. This workshop is offered as part of the North Central Farm and Ranch Stress Assistance Center, funded by USDA NIFA (2020-70028-32728).