

Mental Health First Aid for Rural Populations

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

The Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. This training is specifically targeted for our rural populations and our agriculture community.

All class locations times: 8 a.m. - 5 p.m.

Limited to 30 registered people

Cost: \$15 per person includes lunch

Special thanks to the **Four County Adams Board** for sponsoring the training!

January 7, 2020
January 23, 2020
January 30, 2020

Williams County Extension Office
Defiance County Extension Office
Fulton County Extension Office



Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

Topics covered include anxiety, Depression, psychosis, and addictions.



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Mental Health First Aid for Rural Population Registration Form

Registration for class fees and lunch is \$15
Classes are limited to the first 30 registered people

Name: _____

Phone: _____

Address: _____

Email: _____



Check the class attending:

- | | |
|--|--|
| _____ January 7, 2020
Register by JAN 3 | Williams County Extension Office
1425 E High Street, Bryan, OH 43506 |
| _____ January 23, 2020
Register by JAN 21 | Defiance County Extension Office
6879 Evansport Road #B, Defiance, OH 43512 |
| _____ January 30, 2020
Register by JAN 28 | Fulton County Extension Office
8770 State Route 108, Suite A, Wauseon, OH 43567 |

Registration is required and not complete until payment is received. All payments are collected by the OSU Extension Fulton County office.

Payment options: cash, check, debit/credit
Make check payable to: OSU Extension-Fulton Cty

Payment and registration form can be mailed or brought to the Fulton County Office (night drop available) Call for assistance 419-337-9210 or email seiler.58@osu.edu

Take a course. Save a life.
Strengthen your community.



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