

KEYS TO SAVING LIVES

Free virtual trainings to give you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

The University of Georgia is offering a series of free virtual trainings geared to the farming community. Whether you are a farmer, part of a farm family, or work in an industry that supports agricultural workers - this training is for you.

We have two different course options to choose from. You can select one or both.

- **Question, Persuade, Refer (QPR) - 1.5 Hour Course**
Three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and question, persuade, and refer someone to help.
- **Mental Health First Aid (MHFA) - 9 hour course (2 hours pre-work and 7 hours virtual in person)**
This in-depth course provides case studies, video role-playing, and other interactive components for a deeper look at mental illnesses and substance use disorders. You will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Question, Persuade, Refer - QPR

July 18, 2023 August 10, 2023
10:00 a.m. - 12:00 p.m. 10:00 a.m. - 12:00 p.m.

Mental Health First Aid - MHFA

July 24, 2023 August 21, 2023
9:00 a.m. - 4:00 p.m. 9:00 a.m. - 4:00 p.m.

Register today!
farmandranchstress.com



Cooperative Extension
Institute on Human
Development and
Disability

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