

# Strong Minds. Strong Farms. Strong Communities.

Free Mental Health First Aid Training for Rural Residents in the US

## Because Taking Care of Each Other is Part of the Job

Farming life can be rewarding—but it's also full of challenges like long hours, unpredictable weather, financial pressures, and isolation which can take a toll on anyone's mental health.

Join a free, virtual Mental Health First Aid training designed for rural and agricultural communities.

## Learn to recognize signs of stress, depression, or substance use

- Recognize warning signs of mental health or substance use challenges
- Listen with empathy and without judgement
- Provide support during a mental health crisis
- Connect others to local or professional resources

## Ready to Make a Difference?

Join a Mental Health First Aid session and help grow a culture of care in rural Pennsylvania.

Sponsored by: In Partnership with:



## Who Should Attend

- Farmers & Farm Families
- Agribusiness Professionals
- Faith leaders & educators
- Local business owners
- Rural advocates
- Anyone 18+ living or working in rural communities

## Training Details

Format: *Virtual via Zoom and 2-hour pre-training prep at home*

Cost: **Free**

**2 trainings to choose from:**

1: Mon/Thurs. 3/9 & 3/12 from 5-8pm

OR

2: Mon/Thurs. 3/16 & 3/19 from 5-8pm

**For more information or to Register follow the link below or scan the QR code**

<https://www.wcupa.edu/sciences-mathematics/psychology/PsyD/mentalHealthServices/first-aid-training.aspx>

