



ADDRESSING MENTAL HEALTH

FOR IOWA WORKERS, FARMERS, AND FAMILIES

Why?

- In Iowa, **33% of adults** have reported symptoms of anxiety or depression.
- Suicide rates are **higher among agricultural producers** than most other occupations.
- **More than a million Iowans** live in communities without enough mental health professionals to meet local needs.

With more people trained in **MENTAL HEALTH FIRST AID**, more Iowans will receive the care they need, while helping to reduce the stigma surrounding mental illness.

Mental Health FIRST AID EMPOWERS IOWANS

AFTER PARTICIPATING, IOWANS GAIN

- **KNOWLEDGE** about mental health risk factors and warning signs
- **CONFIDENCE** to take action

RESEARCH SHOWS THAT PEOPLE TRAINED IN MENTAL HEALTH FIRST AID ARE BETTER ABLE TO

- ask someone whether they are thinking about suicide
- have a supportive conversation with someone about a mental health or substance use challenge
- respond to a substance use crisis, including an overdose, and keep someone safe

OUR STATEWIDE NETWORK REACHES RURAL COMMUNITIES

ISU EXTENSION AND OUTREACH DELIVERS MENTAL HEALTH FIRST AID TRAINING TO

- adult employees at workplaces
- school and human services personnel
- agribusiness staff
- other individuals who support farmers and their families

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