



Ohio Youth Resilience Collaborative

# Understanding Stress and Stigma within the Field of Agriculture and Rural America

**November 12**

**11 a.m. – 12:15 p.m. EDT**

In today's society the life of a farmer is often overlooked and undervalued, when in fact they are truly feeding Americans. The CDC and National Institute for Occupational Safety and Health place farming and Agriculture in the top 10 most dangerous professions in the United States. When it comes to mental health in rural America there are stressors some could never understand, and the lack of support is real in rural areas. Join us as we take a journey to better understand what life is like in rural American and how taboo mental health still is to this day. What can we all do to help break down the "language barrier" so to speak when it comes to serving this community and those that feed us every day.

## Session Goals

After completing this training, participants will be able to:

- Identify the unique stressors of farmers and rural communities compared to other individuals.
- Distinguish specific, key stress and suicide warning signs in farmers as compared to the general population.
- Recognize the lack of resources that can aid rural communities and choose what is appropriate for each person.



**CLICK HERE TO REGISTER IN ADVANCE FOR THIS MEETING!**

## For more information, contact:

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## Presenter:

### Bridget Britton

Bridget is the Behavioral Health Field Specialist for OSU Extension. In this position she works to bring awareness to suicide prevention, mental health wellness, and specifically Farm Stress. She has worked with OSU Extension for 8 years in a variety of capacities. Bridget is a licensed social worker in the state of Ohio and has over 10 years of experience in the field. She has worked in foster care/adoption, mental health case management, was a therapist, and adjunct professor. Bridget is trained in a variety of mental health prevention trainings including Adult, Youth, and Teen Mental Health First Aid, QPR (Question Persuade, Refer), and Trauma Informed Care.