



PURDUE EXTENSION: CHAMPIONING MENTAL HEALTH IN INDIANA

Purdue Extension offers programs that educate communities and build resilience to address mental health issues, which one in five American adults will experience during their lifetime.*

PURDUE EXTENSION'S FARM STRESS TEAM

- Purdue Extension's Farm Stress Team provides resources and support to farming individuals and families as they navigate variable markets, weather unpredictability and other stressors.
- Purdue Extension implemented curriculum developed by Michigan State University Extension to offer workshops for farmers and agriculture professionals. Participants learn the signs and symptoms of chronic stress and build the skills to respond to mental health concerns in productive and positive ways.
- Since 2019, the Farm Stress Team has reached over 1,550 individuals.
- Learn more about the Farm Stress Team at extension.purdue.edu/farmstress.

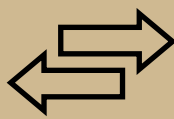
As a result of attending Purdue Extension Farm Stress Management programs, the majority of participants have indicated increased awareness in the following areas:

1 BODY



100% understand the impact that stress has on our bodies

2 HELP



99% know where to direct people for help

3 TALK



99% have confidence in communicating with someone under stress

4 WARN



98% understand the warning signs of suicide

MENTAL HEALTH FIRST AID TEAM

- The Purdue Extension Mental Health First Aid Team delivers the Mental Health First Aid program in Indiana. Developed by the National Council for Behavioral Health, the program educates individuals on how to support someone who may be developing a mental health issue or experiencing a crisis.
- Program participants learn the signs and symptoms of mental health issues and an action plan to combat the stigma often associated with mental health.
- The Mental Health First Aid team has trained nearly 1,000 individuals.
- Learn more about Mental Health First Aid offered by Purdue Extension at extension.purdue.edu/mhfa.

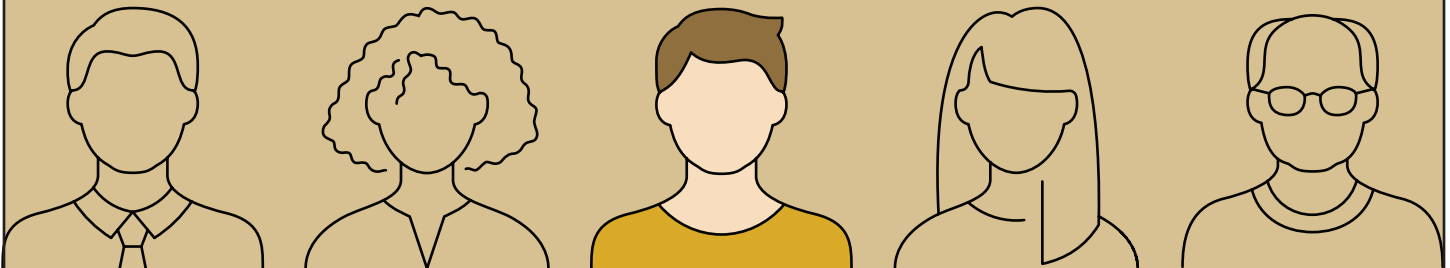


COVID-19 RESPONSE

- To reach communities during the pandemic, the Farm Stress Team launched a podcast, Facebook page and virtual programs to reach individuals wherever they are – farms, homes and businesses.
- Purdue Extension offers the Mental Health First Aid program virtually, so individuals across the state and nation can participate in these courses.
- The Purdue Extension Indiana 4-H Youth Development team gathered a list of at-home learning resources for families and youth to utilize during the COVID-19 pandemic. A major component of the resources included healthy living activities to promote mindfulness, balance, nourishment and fitness while social distancing. Find wellness activities for kids at purdue.ag/4hhomeactivities.

ONE IN FIVE ADULTS IN THE U.S.

WILL EXPERIENCE A MENTAL HEALTH ISSUE DURING THEIR LIFETIME.*



*According to the National Council for Behavioral Health

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