May 2020
Ag Safety & Health
Community of Practice (CoP) eNews

Visit the New Ag Safety & Health eXtension CoP page dedicated to **Rural Health and Safety Related to COVID-19**.

**May is Mental Health Awareness Month**

**Webinars and Videos**

May 6th at 3:00 PM (EST) — Supporting the Mental Health of Farm Families in the North Central Region by Carrie Hennin-Smith (University of Minnesota) and Florence Becot (National Farm Medicine Center)

May 12th at 1:00 PM (EST) — AgriSafe webinar titled Behavioral Health Planning: A Key to Farming in the Era of COVID-19 by Dr. Michael Rosmann

May 18th at 1:00 PM (EST) — AgriSafe webinar titled Stress and Dairy Farming: Challenging Times Pave the Way for Mental Health Struggles by Dr. Amanda Stone

Centers for Disease Control and Prevention — American Sign Language Video Series: Managing Anxiety and Stress

**Resources and Materials**

**AgriSafe** — AgriSafe has an entire page devoted to resources about mental health include factsheets, flyers, and webinars.

**Rural Health Information Hub** — Rural response to farmer mental health and suicide prevention.

**Mental Health First Aid** — How to Care for Yourself While Practicing Physical Distancing

**Substance Abuse and Mental Health Service Administration** — Disaster Distress Helpline provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused crisis. Calls (1-800-985-5990) and texts (text “TalkWithUs” to 66746) are answered by network crisis centers, who provide psychological first aid, crisis assessment and intervention, and referrals to local behavioral health services for follow-up care and support.

**Centers for Disease Control and Prevention** — Stress and coping

Thank you to the CHS Foundation for their support of eXtension.

Ag Safety & Health CoP: [https://ag-safety.extension.org/](https://ag-safety.extension.org/)

Questions or comments? Email Linda Fetzer at lmf8@psu.edu.