

May 2020

**Ag Safety & Health
Community of Practice
(CoP) eNews**



Issues • Innovation • Impact

A Part of the Cooperative Extension System

Ag Safety and Health eXtension CoP new web address:
<https://ag-safety.extension.org/>. Please bookmark the new site.

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