

# Human Sciences Extension and Outreach Regions 11-12-20 NEWSLETTER

## *Suicide Prevention: Prepare to Help*

### **September is National Suicide Prevention Month**

Human Sciences Extension and Outreach has programs to better equip you to recognize the signs of stress, know when to be concerned, and help someone in your life. **On average, one Iowan dies by suicide every 18 hours.** Predictions have been made about an increase in deaths by suicide due to factors related to the pandemic—and that was before the added stresses of drought and the derecho.

Two FREE programs are being offered to better equip people. Question. Persuade. Refer. (QPR)  
Stress on the Farm: Strategies that Help

### **Question. Persuade. Refer.**

Say "Yes" to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Special Offering: Due to COVID-19 concerns, QPR training will be offered online. **Each 60-minute training will be offered through Zoom every Tuesday as a lunch and learn through October.**

Register now at:

<https://www.extension.iastate.edu/humansciences/QPR>



## **Upcoming Events**

### **Powerful Tools for Caregivers**

Vinton Lutheran Home  
Sept 2 - Sept 30

### **ONLINE Early Childhood Environmental Rating Scale**

Sept 3 - Sept 24

### **Question. Persuade. Refer. Suicide Crisis Response**

#### **ONLINE (General Public)**

September 8, 15, 22, or 29  
[Registration](#)

### **Stress on the Farm: Strategies that Help ONLINE**

Sept 8, 11, 14, 22, 25, 28, 30  
[Registration](#)



### **I Worry All the Time: Resources for Life in a Pandemic ONLINE**

Sept 10 [Registration](#)  
Sept 24 [Registration](#)

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## Stress on the Farm: Strategies that Help

Farming is stressful. Join us for this no cost, 30-minute online program where we will identify ways to recognize the body's response to stress and understand the signs of stress. Learn about strategies to cope—including stress related to COVID-19, how to help others, and where to find resources. Various times are offered through the month of September to meet everyone's schedules. Register at:

<https://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing>

## **HOTLINES- 24 hours a day, 7 days a week**

Iowa Concern: 1-800-447-1985

National Suicide Prevention Lifeline: 1-800-273-TALK (8255),  
or text the Crisis Text Line (text HELLO to 741741).

## **HSEO Websites**

[Human Sciences Extension and Outreach](#)

[Human Sciences Events Calendar](#)

[ISU Extension News Releases](#)

[Science of Parenting Podcasts](#)

[Spend Smart. Eat Smart.](#)

[AnswerLine](#)

[Iowa Concern Hotline](#)

[Finding Answers Now](#)

[ISU Extension and Outreach Blogs](#)

## **Your Human Sciences Specialists Team**

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## **Upcoming Events**

### **I Feel 'Blue': Resources for Life in a Pandemic ONLINE**

Sept 17 [Registration](#)

### **ELEVATE: Taking Your Relationship to the Next Level ONLINE**

Sept 9, 16, 23, 30

[Registration](#)

### **Food Preservation 101 ONLINE**

Sept 10 [Registration](#)

### **ServSafe Certification Training**

Sept 15 - Manchester

Sept 22 - Cedar Rapids

Sept 29 - Tipton

### **My Plate in My Childcare: Four Easy Steps**

Sept 19- Davenport

### **Your Money, Your Goals ONLINE**

Sept 17 & 18 – Scott County

### **Rethinking Your Retirement During COVID-19 ONLINE**

Sept 22, 24, or 29

[Registration](#)

### **Powerful Tools for Caregivers-Adults with Chronic Conditions ONLINE**

Sept 24 – Oct 29 [Registration](#)

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