**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](https://www.extension.iastate.edu/humansciences/QPR)

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### 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](#)
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

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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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