

Human Sciences Extension and Outreach NEWSLETTER REGIONS 19, 26, AND 27 SEPTEMBER 2022

Click Here to [Check us Out](#) and Here for our [Website](#)

September is National Suicide Prevention Month

According to the Center of Disease Control (CDC), there are an average of 123 suicides each day in this country. To create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month.

Question. Persuade. Refer. (QPR) is a national suicide prevention program being offered through extension and outreach. There are many [virtual](#) opportunities to attend including **Spanish** delivered or consider scheduling one for your group or organization.

Helpful Resources to remember and share if you know someone in crisis or that is suicidal:

- **988, just dial 988**, like 911 this will take people directly to trained crisis counselors 24 hours a day 7 days a week. 988 is formally known as the Suicide Prevention Lifeline
- **The Trevor Project** provides information & support to LGBTQ youth and their families 24 hours a day 7 days a week
- **The Iowa Concern Hotline** is hosted by Iowa State University Extension and Outreach, it offers a variety of services 24 hours a day 7 days a week.
- Consider attending or hosting a [Mental Health First Aid Training](#)

Contact Dawn Dunnegan, dunnegan@iastate.edu for more information on QPR or Mental Health First Aid training opportunities.

Please know and share resources, you can help prevent suicide.



Your Money, Your Future: Making Ends Meet



You've worked for your money. Now make your money work for you. You'll learn how to manage expenses, stretch limited dollars, and set goals for the future.

Manage your money with one of six tracking methods: receipt, calendar, envelope, checkbook, account book, or computer software program. A face to face program is being offered in Washington County in October. To attend this two series workshop, [register here](#).

Upcoming Events

Check here for all upcoming [Human Sciences Events](#)

Mental Health First Aid
September 22, Virtual
[Registration](#)

Question. Persuade. Refer. AG Community
September, 19, 21 28 and
October 3, 19 Virtual
[Register](#)

Question. Persuade. Refer. Ag Community - SPANISH
September 27 Virtual
[Register](#)

Powerful Tools for Caregivers Fort Madison, Lee County
October 12 — November 16
[Register](#)

Powerful Tools for Caregivers Washington County
October 13 — November 17th
[Register](#)

Our Bookshelf
September 22—October 13
Virtual
[Register](#)

Remote Work Certificate Course — Virtual
Begins October 3rd
[Register](#)

Your Money, Your Future: Making Ends Meet
October 3, 6 Washington
[Register](#)

A Journey Through Parkinson's
October 11,18, 25 Virtual
[Register](#)

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

Human Sciences Extension and Outreach

Engages Iowans Through Research-Based Education



Powerful Tools for Caregivers

Feeling stretched caring for an adult with chronic conditions? Powerful Tools for Caregivers is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself. You'll learn to: reduce stress, improve self confidence, balance your life, better communicate your feelings, increase ability to make tough decisions, locate helpful resources and more. Local face to face series are being offered in [Lee](#) and [Washington](#) Counties. The programs are being offered at no charge to Lee and Washington County Residence. Contact your local extension office for more information.

WHAT WE WANT
#STRONGIOWA
JOIN US WWW.EXTENSION.IASTATE.EDU

Help us learn more about the Iowans we serve!

To learn more about Iowans' preferences, ISU Extension and Outreach is conducting a statewide survey to ask how and what Iowans prefer to learn and the issues that are most important to them. **The more people we reach, the more effectively we can meet the needs of Iowans.** Please take a few minutes and complete the survey at extension.iastate.edu/survey, and share with others - those we know and those we may not have reached yet. Thank you!

Human Sciences Team for Regions 19, 26 and 27



Dawn Dunnegan
Family Wellbeing
dunnegan@iastate.edu
319-217-9474



Sara Sprouse
Food and Health
sprouse@iastate.edu
319-293-3039



Hailey Burgher
Family Wellbeing
hburcher@iastate.edu
641-895-9037

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

IOWA STATE UNIVERSITY
Extension and Outreach

Helpful Resources

IOWA STATE UNIVERSITY
Extension and Outreach

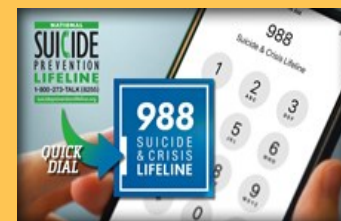
Iowa Concern Hotline
800-447-1985

Finances • Legal Concerns • Stress
Disaster Recovery • Resources • Referral

24/7 phone support • confidential • free



www.COVIDrecoveryiowa.org or call
1-844-775-9276.



**ANSWER
LINE**

1-800-262-3804

AnswerLine provides information and resources for Iowa consumers with home and family questions.