

# BEHAVIORAL HEALTH

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## PROGRAMS

### **Mental Health First Aid (MHFA)**

[www.extension.iastate.edu/humansciences/MHFA](http://www.extension.iastate.edu/humansciences/MHFA)

Mental Health First Aid (adult) is a virtual training course designed to give members of the public key skills in mental health literacy and the ability to help someone who is developing a mental health problem or experiencing a mental health crisis. It is the gold standard of learning how to help others in distress.

### **Question.Persuade.Refer. (QPR)**

[www.extension.iastate.edu/humansciences/QPR](http://www.extension.iastate.edu/humansciences/QPR)

Question. Persuade. Refer. Three simple steps anyone can learn to help save a life from suicide. When you take the QPR suicide prevention training for lay and professional “gatekeepers”, you’ll learn the warning signs of a suicide crisis and how to respond. Say “yes” to saving the life of a friend, colleague, sibling or neighbor. Now available virtually.

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

[www.extension.iastate.edu/humansciences/stress-farm](http://www.extension.iastate.edu/humansciences/stress-farm)

In this 40-minute program, participants will learn to identify signs of stress and strategies for coping. You will learn how to help others and will review available resources. Now available virtually.

### **Stress on the Farm: Strategies to Help Each Other**

[www.extension.iastate.edu/humansciences/stress-farm](http://www.extension.iastate.edu/humansciences/stress-farm)

Farming is stressful: Ongoing economic stress. Weather related issues. Uncertain commodity prices. How can you offer hope to farmers who are under such stress? In this session, you’ll review risk factors, protective factors and warning signs of suicide, as well as strategies to intervene. You’ll explore positive options for farmers and how to engage and support them in this 40-minute suicide prevention program.

### **Healthy Relationship Education Training**

[www.extension.iastate.edu/humansciences/healthy-relationship](http://www.extension.iastate.edu/humansciences/healthy-relationship)

The research is clear — the quality of adult couple relationships and positive parenting practices are connected to healthy child outcomes. You will be prepared to teach couples and families relationship education skills that support strong and stable couple relationships for healthy and safe children and families. This is a one-day workshop, that includes fun and interactive research based modules to help professionals support healthy couple relationships.

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

[www.extension.iastate.edu/humansciences/elevate](http://www.extension.iastate.edu/humansciences/elevate)

Do you want to enrich the quality of your relationships? Whether you are part of a couple preparing for marriage, in a blended family, or expecting a child, this workshop is for you. Together you will learn and practice seven skills essential to maintain a healthy and stable relationship. Also available virtually.

## **WEBSITES**

[Farm and Ranch Wellbeing](http://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing) (www.extension.iastate.edu/humansciences/farm-ranch-wellbeing)

[Mental Health and Wellbeing](http://www.extension.iastate.edu/humansciences/mental-health-and-wellbeing) (www.extension.iastate.edu/humansciences/mental-health-and-wellbeing)

## **HOTLINES**

### **Iowa Concern**

[www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

Offered by Iowa State University Extension and Outreach, provides confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. Iowa Concern services are available 24 hours a day, seven days per week at no charge. To reach Iowa Concern, call 800-447-1985; language interpretation services are available.

**Healthy Families:** 800-369-2229

**Teen Line:** 800-443-8336

**Iowa 2-1-1:** dial 211

### **AnswerLine**

[www.extension.iastate.edu/humansciences/answerline](http://www.extension.iastate.edu/humansciences/answerline)

AnswerLine provides information and resources for Iowa consumers with home and family questions. Call 1-800-262-3804 or email [answer@iastate.edu](mailto:answer@iastate.edu).

Child development | Cleaning | Consumer management | Food preparation | Food preservation | Food Safety | Home Environment | Household Equipment

### **COVID Recovery Iowa**

[covidrecoveryiowa.org/](http://covidrecoveryiowa.org/)

COVID Recovery Iowa offers free virtual consultation and assistance for all Iowans impacted by COVID-19. Family financial consultation and farm financial consultation is also available. Visit the website, fill out a form, and a consultant will get back to you. Services can also be accessed through the Iowa Concern Hotline or the Iowa Warm Line at 1-844-775-9276.

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