



GET IN THE KNOW ABOUT MENTAL HEALTH LITERACY

In the Know is a course designed to help you learn about mental health and illness, promoting wellbeing in your life, how to recognize when someone is struggling, and how to respond.

The course has been developed specifically for farmers and evaluated by researchers at the University of Guelph.

At the end of this program you will be able to:

- Describe stress, anxiety, depression, acute trauma, suicide and substance abuse
- Recognize signs and symptoms of mental distress
- Describe approaches for engaging in safe conversations about mental health with someone who may be struggling
- Identify appropriate people and/or organizations that can provide help/support/resources for someone who may be struggling

DATE: FEBRUARY 23, 2022

TIME: 10:00 AM to 2:00 PM

LOCATION: VIRTUAL

BROUGHT TO YOU IN PARTNERSHIP WITH:



REGISTER AND FIND OTHER COURSES NEAR YOU AT WWW.ALBERTAITK.CA

IN the KNOW