

October 1, 2020

Mental Health Webinar for Agriculture Industry

Do More Agriculture Foundation hosting free webinar on mental health

[Do More Ag](#) is hosting a webinar that will provide participants with a base understanding of mental health and mental illness. The webinar will also feature practical strategies participants can implement in their daily lives to support the mental wellbeing of themselves and others in a condensed hands-on format.

This free online workshop provides information on topics such as:

- The signs and symptoms of mental illness, anxiety, depression, stress, and substance use, including the unique factors that the agriculture industry experiences in these areas
- How to prepare and have conversations with someone who you identify may be experiencing a mental health challenge
- How to support others and yourself, and how to access resources
- Self-care and prevention strategies for mental wellness

The webinar will be held over four days from October 5 to October 8, with each one-hour session starting at 1:30 pm. [Registration for the webinar](#) is required.

Warren Noga

Policy Advisor

780.955.4079

warren@RMAAlberta.com

Tasha Blumenthal

Director of External Relations and Advocacy

780.955.4094

tasha@RMAAlberta.com