

AGRICULTURE AND MENTAL HEALTH: HELPING IN TIMES OF DISTRESS

FFRI Webinar & Discussion Series
presented via Zoom



DATE

Friday, November 5th | 1:00 to 3:00 pm

SESSION 1

An Introduction to Helping Skills

In this first session, participants will explore elements of a helping/therapeutic conversation in a 40-minute interactive webinar. Practical application specific to producers and their families will be highlighted, and the webinar will conclude with discussion, questions, and answers.

SESSION 2

Recognizing Signs of Psychological Distress

In the second session, participants will learn to identify typical presentations of depression, anxiety, and suicidality, along with learning triage for suicidal ideation in this 40-minute interactive webinar. Practical application specific to agriculture producers and their families will be highlighted. The webinar will conclude with discussion, questions, and answers.

HOST

Series hosted by Dr. Nick Weshinsky, a licensed professional educator in the state of Illinois who also holds national board certification in counseling. His counseling experience has included providing crisis intervention, along with providing outpatient counseling to individuals, couples, families, and groups. He now serves as a faculty member in the Southern Illinois University School of Medicine's Department of Medical Education.

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TO REGISTER

Scan the QR Code with your phone's camera or visit siumed.edu/cpd

(In the dropdown under 'Learners', click on 'Conferences')

For more information, please contact Karen Leavitt Stallman at karenstallman@siu.edu or 618-713-0759.