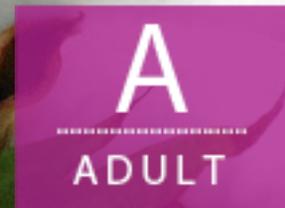


Suicide Prevention Classes for Agricultural Communities



If you or your organization are interested or would like more information, please email wellness@namimn.org



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NAMI Minnesota and the Upper Midwest Agricultural Safety and Health Center (UMASH) are partnering to provide suicide prevention classes to farming communities.

Our aims to change the public perception in agricultural communities and better equip the community to identify and help people who may be having thoughts of suicide.

- We offer a one hour suicide prevention program called QPR (Question, Persuade, Refer) to help individuals learn the three steps anyone can take to help prevention a suicide. This program is tailored toward agricultural communities.
- Collecting personal stories of farmers or farm families who want to share their story of living with a mental illness or being a suicide loss survivor.

These workshops are made possible by a grant from the Upper Midwest Agricultural Safety and Health Center.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.