

# WALKING THE TALK MENTAL HEALTH IN AGRICULTURE

Join us for a webinar on how producers can foster mental health

**This webinar will address:**

- The current state and history of mental health in agriculture;
- Factors that influence mental health;
- How to notice signs and symptoms in yourself and others; and
- Strategies and resources to support positive change in yourself and others.



**Choose a webinar that fits your schedule:**

Date	Time	Register at:
April 7, 2021	11 a.m. – noon	<a href="https://attendee.gotowebinar.com/register/2548532027306128907">https://attendee.gotowebinar.com/register/2548532027306128907</a>
April 14, 2021	7 p.m. – 8 p.m.	<a href="https://attendee.gotowebinar.com/register/8407184078398976011">https://attendee.gotowebinar.com/register/8407184078398976011</a>
April 21, 2021	2 p.m. – 3 p.m.	<a href="https://attendee.gotowebinar.com/register/7973618056264619787">https://attendee.gotowebinar.com/register/7973618056264619787</a>
April 28, 2021	1 p.m. – 2 p.m.	<a href="https://attendee.gotowebinar.com/register/4964837472204442891">https://attendee.gotowebinar.com/register/4964837472204442891</a>

To register, click on the link above for the webinar of your choice or contact our Agriculture Programs Specialist at (306) 867-5575.