

**Mental Health First Aid – What You Learn:** <https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/>

**Immediate Hotline Numbers:**

**Farm Aid** – If you need to talk to someone directly, Farm Aid is here to listen. Farm Aid’s Farm Advocate, Joe Schroeder, and other Farm Aid staff answer the hotline M-F from 9:00am-5:00pm Eastern Time

**National Suicide Hotline** – This is National crisis line is staffed with people who are able and trained to talk to those experiencing suicidal thoughts and ideation. 1-800-275-8255

**For General Information on Suicide:**

Utah Department of Health resources and statistics information on suicide in Utah :  
<http://health.utah.gov/vipp/topics/suicide/resources.html>

**Basic Prevention information:**

<http://health.utah.gov/vipp/topics/suicide/prevention.html>

<https://www.helpguide.org/home-pages/suicide-prevention.htm>

<https://afsp.org/about-suicide/risk-factors-and-warning-signs/>

**Podcast with personal stories on mental health:**

<https://www.rrfn.com/transformation/>