Mental Health First Aid – What You Learn: [https://www.mentalhealthfirstaid.org/take-a-course/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](http://health.utah.gov/vipp/topics/suicide/resources.html)

Basic Prevention information:


Podcast with personal stories on mental health:

[https://www.rrfn.com/transfarmation/](https://www.rrfn.com/transfarmation/)