

Let's Talk About Caregivers and Mental Health

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COLLEGE OF FOOD, AGRICULTURAL,
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What is self-care?

Self-care is the practice of taking action to preserve or improve one's own mental or physical health.



Poll Question!



When to practice self-care...

Ideally on a regular basis

**Absolutely when you are feeling
overwhelmed**



Signs you need self-care

- Physical
- Emotional
- Behavioral



The Cliché's



Put your OWN
oxygen mask on
first



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOURSELF, EITHER.



The Why...

- Get more done in a day
- Healthier immune system
- *Hopefully* some alone time
- Safer environment for everyone



Stigma

- Everybody knows everybody
- “I can take care of myself”



We struggle together to see professionals

- Access to health care
- Health literacy challenges
- Health insurance literacy
- Time
- Distance
- Cost
- Technology Limitations



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Creating a self-care plan

- Identify who you can talk to, and be intentional
- Find something you enjoy that can be as short as 10 minutes a day
- Lean on friends and family
- Use technology
- Avoid social media and news



Local Resources

County Mental Health Resource Guide

go.osu.edu/countyresourceguide

Local county crisis lines

Telehealth in many counties



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Ohio Mental Health Resource Guides by County

Please click on any of the Mental Health Resource Guides by county (in alphabetical order below) to learn about the mental health and substance use disorder resources available in that community. Additional statewide and national resources are included below the list of county resource guides.

- [Adams Co Resources](#)
- [Allen Co Resources](#)
- [Ashland Co Resources](#)
- [Ashtabula Co Resources](#)
- [Athens Co Resources](#)
- [Auglaize Co Resources](#)
- [Belmont Co Resources](#)
- [Brown Co Resources](#)
- [Butler Co Resources](#)
- [Carroll Co Resources](#)
- [Champaign Co Resources](#)
- [Clark Co Resources](#)
- [Clermont Co Resources](#)
- [Clinton Co Resources](#)
- [Columbiana Co Resources](#)
- [Coshocton Co Resources](#)
- [Crawford Co Resources](#)
- [Cuyahoga Co Resources](#)
- [Darke Co Resources](#)

State and resources

- Careline
 - 1-800-720-9616
- Ohio State Extension Farm Stress website
 - go.ous.edu/farmstress
- Ohio Farm Bureau



State resources

- Ohio Rural Health Association website
- Ohio Department of Ag "Got Your Back"
- Ohio Agribusiness
- Ohio Country Journal and Ohio Ag Net



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National resources



Additional Programs



QPR-Question Persuade Refer



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Mental Health First Aid

5-step action plan which prepares individuals to respond to those facing stress and related mental health concerns

- A ssess for risk of suicide or harm
- L isten nonjudgmentally
- G ive reassurance and information
- E ncourage appropriate professional help
- E ncourage self-help and other support strategies



Suicide Warning Suicides

- Clear to friend: “I’m going to kill myself.”
- Coded to son: “Don’t be surprised if I die in a tractor rollover.”
- Clear to banker: “If you foreclose, you’ll be seeing my obituary next week.”
- Coded to friend: “If I should pass away, I want you to have my old Winchester 12-gauge.”
- Coded to financial advisor/loan officer: “What happens to my debt if I die?”; “If I die, can my mother cash in on my life insurance policy.”



Wrap – Up and Final Information

Final Poll
What questions do you have?



Contact Information

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- Visit our website at
<http://u.osu.edu/farmstress>



References

- <https://www.cdc.gov/niosh/topics/stress/suicide.html>
- <https://generationrx.org/>
- <https://www.usatoday.com/in-depth/news/investigations/2020/03/09/climate-tariffs-debt-and-isolation-drive-some-farmers-suicide/4955865002/>
- <https://qprinstitute.com/>
- [https://www.nass.usda.gov/Quick Stats/Ag Overview/stateOverview.php?state=OHIO](https://www.nass.usda.gov/Quick_Stats/Ag_Overview/stateOverview.php?state=OHIO)
- <https://www.samhsa.gov/>



References

- <https://www.mentalhealthfirstaid.org/>
- <https://qprinstitute.com/>

