Let's Talk About Caregivers and Mental Health

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COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES



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!



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When to practice self-care...

Ideally on a regular basis

Absolutely when you are feeling overwhelmed



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Signs you need self-care

• Physical

Emotional

• Behavioral







The Cliché's



lut 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



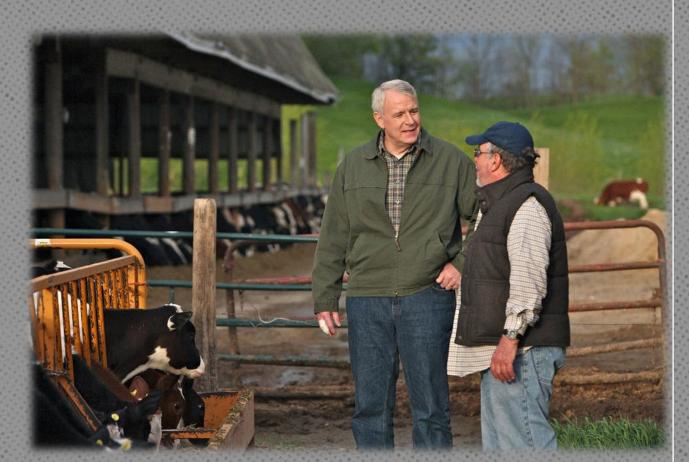
Safer environment for everyone



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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



Creating a self-care plan

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



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Local Resources

County Mental Health Resource Guide

go.osu.edu/countyresourceguide

Local county crisis lines

Telehealth in many counties



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
- <u>Ashland Co Resources</u>
- Ashtabula Co Resources
- Athens Co Resources
- Auglaize Co Resources
- Belmont Co Resources
- Brown Co Resources
- Butler Co Resources
- Carroll Co Resources
- <u>Champaign Co Resources</u>
- <u>Clark Co Resources</u>
- <u>Clermont Co Resources</u>
- <u>Clinton Co Resources</u>
- Columbiana Co Resources
- Coshocton Co Resources
- Crawford Co Resources
- <u>Cuyahoga Co Resources</u>
- Darke Co Resources

State and resources

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





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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





EXTENSION



Additional Programs

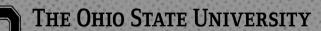




EXTENSION

QPR-Question Persuade Refer





EXTENSION

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
- Listen nonjudgmentally
- G ive reassurance and information
- E ncourage appropriate professional help
- E ncourage self-help and other support strategies



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Do you Know

ALGEE?

Suicide Warning Suicides

Clear to friend: "I'm going to kill myself."

CFAES

- 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 12gauge."
- 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



CFAES

References

- <u>https://www.cdc.gov/niosh/topics/stress/</u> suicide.html
- <u>https://generationrx.org/</u>
- <u>https://www.usatoday.com/in-</u> <u>depth/news/investigations/2020/03/09/cli</u> <u>mate-tariffs-debt-and-isolation-drive-</u> <u>some-farmers-suicide/4955865002/</u>
- <u>https://qprinstitute.com/</u>
- <u>https://www.nass.usda.gov/Quick_Stats/</u> <u>Ag_Overview/stateOverview.php?state=</u> <u>OHIO</u>
- https://www.samhsa.gov/



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References

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



