

# Ohio 4-H Volunteer Mental Health Training Series

## **Mental Health 101**

**January 6, 6:00 - 7:00 p.m.**

Learn the basics of youth mental health issues from definitions to statistics. We'll explore common mental health myths, connect to mental health resources, and learn different ways you can help your 4-Hers.

## **Typical Adolescence vs. Emerging Mental Health Problems**

**January 13, 6:00 - 7:00 p.m.**

This session will help you identify signs and symptoms that may point to an emerging mental health problem in our youth. Learn strategies for having impactful conversations with 4-Hers about their behavior and mental health.

## **Trauma Informed Approaches Training**

**January 20, 6:00 - 8:00 p.m.**

There are many types of trauma that impact the youth we work with. This session will give you an understanding of trauma and how to make your 4-H meetings a place of safety for those who have experienced it.

## **Suicide and Non-Suicidal Self Injury Training**

**January 27, 6:00 - 7:00 p.m.**

Learn to recognize the warning signs of suicide and NSSI and how to help someone you notice may be struggling. We'll give you tools to have impactful conversations and connect to key resources.

**All sessions will take place via ZOOM.  
Pick and choose which sessions you attend.  
Register at <http://go.osu.edu/4MHtraining>**

Created by Amanda Raines, 4-H Youth Development Educator, for January Mental Health Month, 01/2021



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



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