Strategies for Preventing Farm/Ranch Suicides and for Assisting Those Left Behind

Tuesday, November 30 at 3:00 – 4:00 p.m. ET

Data show that suicide in the United States continues to be a major health issue. Tragically, farmers and ranchers have disproportionate rates of suicide in comparison to other occupations. This session will provide an overview of the latest data, examine factors that can put farmers and ranchers at higher risk, and identify practical, daily strategies that can be used on the farm or ranch to help improve mental health, alleviate depression, and reduce the risk of suicide. Additionally, the presentation will address the aftermath of suicide, and how we can best help the loved ones left behind.

Our Presenter:

Darla Tyler-McSherry is the founder and visionary of Ask in Earnest, an initiative designed to address mental health, depression, and suicide in the farm and ranch populations. She embraces the role of serving as an agent of positive change and advocacy for the farm and ranch population.

She has bachelor’s and master’s degrees from the University of Montana in health and human performance. Darla has been involved with college health for more than 27 years, and is the director of student health services at Montana State University Billings. She serves in various capacities for the American College Health Association and Rocky Mountain College Health Association. Additionally, she is the coordinator for the Yellowstone County DUI Task Force.

A question & answer period will follow the presentation.

To participate in this free webinar, click here to access the online registration form by Friday, November 26. Instructions for accessing the session will be sent to registrants by Monday, November 29. Please pass on this invitation to others you believe may be interested. Contact AgrAbility at 800-825-4264 or email agrability@agrability.org if you have questions.

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