



## Farm Stress Mental Health and QPR Training Event

Tuesday, October 21 10A.M. - 3P.M.  
First Lutheran Church - Mitchell  
[register at sdsynod.org/synod-events/](https://sdsynod.org/synod-events/)

Our presenter and facilitator will be Dr. Andrea Bjornestad. Lunch will be provided and space is limited. Advance registration is required.

Andrea Bjornestad, PhD serves as Associate Professor and Extension Mental Health Specialist at SDSU, combining academic expertise with statewide outreach through SDSU Extension. Her work focuses on delivering research-driven mental health programming across rural South Dakota and the broader region. She frequently presents statewide and nationally on mental health in agriculture, covering depression, anxiety, and recognizing when to seek help.

Dr. Bjornestad leads a SDSU Extension team that provides training in Question, Persuade, Refer (QPR), which is a suicide prevention training. Key components covered in the training include:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis



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