

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

Lexington, KY 40506

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disabilit may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating







Council Meeting scheduled for Tuesday, September 16 at 10am Montgomery County Extension Office 106 E Locust St. Mt. Sterling, KY 40353

























COOKING THROUGH THE COLENGAL



WE'RE BACK!

Join us every 3rd Wednesday from 12pm-1pm for a short cooking class and recipe sampling!

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Please register by calling: 859-498-8741 104 E Locust St., Mt. Sterling, KY 40353 12pm-1pm





USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Do you enjoy sewing, crafting, or working with textiles? Do you have a passion for teaching others?

The Kentucky Master Clothing Volunteer
Program is looking for dedicated individuals to
share their talents and strengthen our
community through hands-on learning!
As a Master Clothing Volunteer, you will:

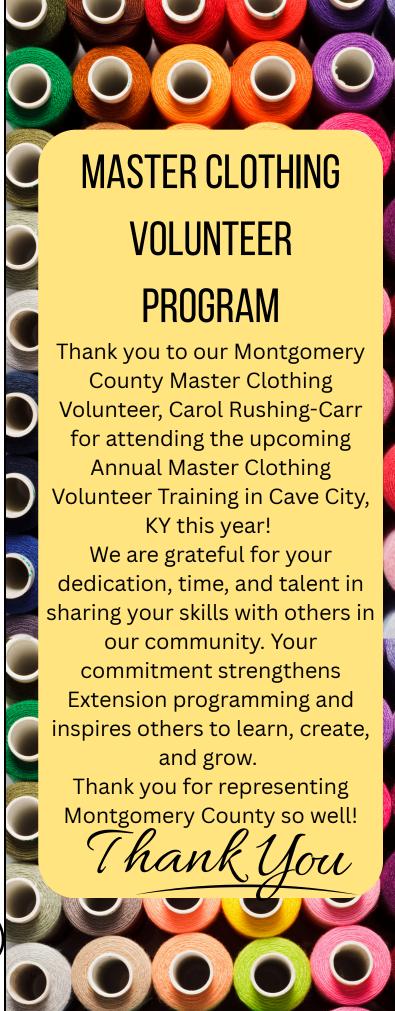
- Receive specialized training in sewing, clothing construction, and teaching techniques.
- Work with the Montgomery County Cooperative Extension Service to lead workshops, mentor youth, and support community programs.
- Join a statewide network of creative, skilled volunteers who make a difference.
 Who can apply?

Sewing enthusiasts of all skill levels who are eager to learn, share, and serve.

Why volunteer?

Give back to your community, meet new friends, develop your own skills, and help keep the art of sewing alive for future generations.

? Contact the Montgomery County Cooperative Extension Service to learn more!





ADULT

HEALTH BULLETIN



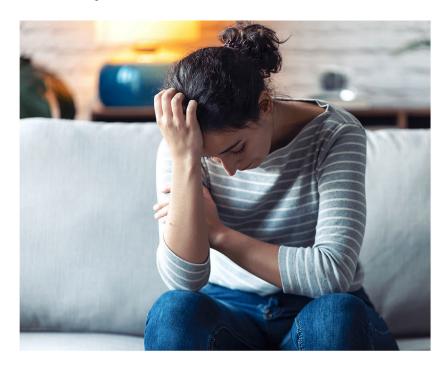
SEPTEMBER 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ content/health-bulletins



THIS MONTH'S TOPIC

LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



suicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at kyqpr.ukhc.org.

Also important to know, **Kentuckians in crisis** can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number

— **988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- https://988.ky.gov
- https://kyqpr.ukhc.org

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