

Harvest HOPE

WITH MENTAL HEALTH KNOWLEDGE



Farmers experiencing mental health challenges may not even realize it.



They may feel reluctant to acknowledge struggles or to seek professional support due to concerns about being perceived as weak.



Farmers are 3.5 times more likely to die by suicide than the general population, according to the National Rural Health Association.

Factors

- Farmers often work in isolated environments.
- Fluctuations in prices, debt and economic uncertainty.
- Long hours, physical labor, occupational hazards and pressure to maintain operation.
- Reliance on unpredictable weather.
- Limited access to mental health counselors and support in rural areas.



Know the Warning Signs:

- Change in routines or social activities.
- Signs of stress in spouse or children.
- Decline in the care of domestic animals.
- Increase in illness or chronic conditions.
- Increase in farm accidents.
- Decline in the appearance of the farmstead.
- Decreased interest in activities or events.

Ways to help:

- Check-in regularly.
- Listen without judgment.
- Help them locate professional resources and services.
- Offer to accompany them to appointments or provide tech support for telehealth.
- Offer to help with farm chores to alleviate some of their workload.
- Encourage connection with farmers experiencing similar challenges.
- Help them explore financial assistance programs or debt management strategies.
- Avoid pressuring them or making assumptions about what is best for them.

Resources

Iowa State Extension – <https://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing>

Your local pastor, priest or deacon

Catholic Charities - Our caring therapists are a phone call or an email away if you have questions or need support.
712.252.4547 | info@cathchar.com.

Know this #

988

Suicide & Crisis Lifeline,
Call or Text 24/7