

# Helpful Resources

## and Links for our Farmers & Families

There are a number of resources available for farmers and their families to help them navigate farm life. Whether you need information, need to chat or want to get involved. We encourage you to tap into these resources & reach out when you're in need.



**Alberta Farm Mental  
Health Network**  
agknow.ca



**9-8-8**  
988.ca



**The Do More  
Agriculture  
Foundation**  
domore.ag



**EaseCare**  
easecare.ca



**Farm Stress Line**  
**1-800-667-4442**  
farmstressline.ca



**Counselling Alberta**  
counsellingalberta.com



**Men&**  
menand.ca



**Green Hectares**  
greenhectares.org



**Buddy Up**  
buddyup.ca



**St Paul Regional  
Family & Support  
Services**  
stpaulfcss.ca

# You're not alone

Farming and ranching are considered two of the most stressful occupations, both physically and mentally. Unique factors associated with agricultural work may contribute to poor mental health outcomes and even suicide. In Canada, producers (farmers and ranchers) are especially prone to mental health challenges such as depression and anxiety, and they may have less resiliency because of the stressors they experience (Jones-Bitton et al., 2020).

An estimated

**225** million

farmers worldwide struggle with their mental health (Hagen et al., 2019).



## What can farmers do to stay mentally healthy?

- 1**  
BUILD AND MAINTAIN STRONG, POSITIVE RELATIONSHIPS
- 2**  
LEARN TO SHARE EMOTIONS & OPEN UP TO SUPPORTIVE PEOPLE
- 3**  
CREATE SPACE AND TIME FOR RELAXATION AND SELF-CARE
- 4**  
SEEK HELP WHEN IT'S NEEDED, AND EXPLORE OPTIONS FOR MENTAL HEALTH CARE OFFERED ONLINE OR ON THE PHONE
- 5**  
KNOW WHAT RESOURCES ARE AVAILABLE FOR MENTAL HEALTH CARE AND FINANCIAL SUPPORT AND TO HELP CONNECT WITH OTHER FARMERS

A survey of over 1,100 Canadian producers (Jones-Bitton, n.d.) found that farmers are facing multiple mental health complications:

**57%** Anxiety

**45%** High Stress

**35%** Depression