

RURAL MENTAL HEALTH



As farmers and ranchers, we have many assets that need cared for on a regular basis, including our mental health. With daily stressors from natural disasters and volatile markets to labor shortages and equipment breakdowns, it's no surprise that an increasing number of farmers and farm families are experiencing stress and mental health concerns. It is important to recognize signs of poor mental health and know how to seek help when needed.

SYMPTOMS OF POOR MENTAL HEALTH

- Persistent worry and fear
- Lack of interest or pleasure in activities
- Significant weight change or changes in appetite
- Problems sleeping and low energy
- Slow or fidgety body movements
- Difficulty concentrating
- Frequent thought of death or suicide
- Substance abuse
- Unexplained changes in physical appearance

“A HEALTHY FARM OR RANCH IS NOTHING WITHOUT A HEALTHY YOU!”

- American Farm Bureau Federation

IDAHO
Farm & Ranch Center

STRESS MANAGEMENT TECHNIQUES

USE RELIABLE RESOURCES

Find resources to aid you and other affected by stress.

CONNECT WITH OTHERS

Talk to friends, family or colleagues who may be experiencing similar feelings.

KEEP YOURSELF PHYSICALLY HEALTHY

Avoid excessive amounts of caffeine, alcohol, tobacco or use of illegal drugs or abuse of prescription medication. Consider talking with your family doctor or mental health professional if you are experiencing chronic stress.

SEEK ROUTINE

Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family when possible.

FIND PRACTICAL WAYS TO RELAX

Seek time away from your farm or ranch obligations through a hobby or social activity. Allow time to recharge after exceptionally busy days and seasons.

FOR YOU

FARMAID:

1-800-FARMAID (1-800-327-6243)
Hotlines hours are Monday-Friday
7am-8pm MST

National Suicide Prevention Hotline

1-800-273-8255
24/7 confidential support

Finding a counseling center near you:

Search 'Idaho Mental Health Services Guide' for a list of service providers across Idaho.

Visit the Farm Crisis Center
farmcrisis.nfu.org

FOR OTHERS

Rural Resilience Training

farmcredit.com/ruralresilience

Training materials focused on mental health and stress management from Farm Credit, American Farm Bureau, and National Farmers Union.

5 steps to helping someone in emotional pain:

1. Ask - start the conversation
2. Be there
3. Stay connected
4. Keep them safe
5. Help connect to a mental health professional