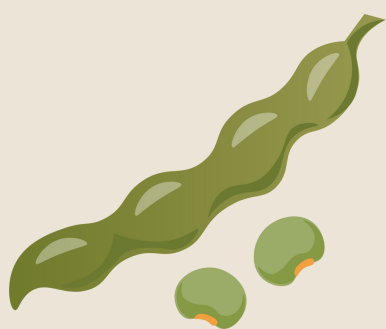




CULTIVATING CARE

An Overview of Factors that Affect Farmer's Mental Health

COMMON STRESSORS



Factors such as weather, personal finances, commodity prices, natural disasters, labor shortages, and farm debt are common stressors for farmers.

ACCESS TO CARE



About 60% of farmers do not have access to basic medical care with more than half reporting a lack of health insurance.

WORKLOAD



Farm work can be both labor intensive and isolating with over 40 % of farmers reporting loneliness or general sadness.

STIGMA



Combat stigma by openly talking about mental health with trusted sources and seeking services if necessary

KNOW YOUR RESOURCES!

Please visit the following website for more on information:

WWW.GAFARMSTRESS.ORG

OR

www.agrisafe.org

