Supports for Farmer Mental Health

Volunteering

Church groups

Service clubs

Community dinners (often advertised in local newspapers)

Playing cards

Puzzles

Fishing

Sports

Hunting

Social media

. . . as well as "cell phone free" time

Access to help lines, doctors, mental health workers, and other health professionals

Giving yourself permission to pause

"Solo work" on the farm to give your mind a rest

Spending time with family and friends

"Farm friends"

"Non-farm friends"

. . . and also having your own space

Sleeping well (including naps)

Eating well

Spending time with pets

Taking walks in the field. . .

. . . or your neighbour's field

On-farm "stay-cations" or "home days". . .

. . . and off-farm vacations (often within driving distance)

Accepting help from others

Help at home or with kids

On-farm help

Connecting with ag service "gatekeepers" to supports. . .

On-site therapists

Self-help groups

Farm financial advisors and succession planners

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