



GREAT PLAINS
Center for Agricultural Health



Amanda Holmstrom, PhD, is an associate professor in the Department of Communication in the College of Communication Arts and Sciences at Michigan State University .



"Farmers are under huge amounts of stress that affects their physical and mental health as well as their relationships with families and friends."

The GPCAH funds pilot projects (up to \$30,000 per project) intended to promote innovative outreach and research efforts to prevent agricultural injury and illness. The pilot program supports both community-based organizations and academic researchers.

GPCAH PILOT GRANTS: MAKING A DIFFERENCE!

Dr. Holmstrom and her team are using their GPCAH funding to study a text messaging-based mental health intervention on smartphones that may help farmers overcome multiple barriers to accessing information about stress and coping strategies.

Text Messaging



"We save farmers' time by enabling them to access resources about stress and how to cope 24/7."

Smartphones



"We're trying to understand how much smartphones are integrated into farm life and how farmers may effectively use them for stress management."

Location



"We're currently working in Michigan, but hope to expand the project to other regions."

Importance



"It's important because we are providing an alternative strategy to farmers that may need access to our mental health resources."

Apply for your own GPCAH grant at
<https://gpcah.public-health.uiowa.edu/gpcah-pilot-grant-program/>.
Applications will be accepted beginning March 1, 2019.