Supports for Farmer Mental Health

- Giving yourself permission to pause
- Spending time with family and friends
- "Farm friends" and "Non farm friends"
- "Solo work" on the farm to give your mind a rest
- Sleeping well (including naps)
- Eating well
- Spending time with pets
- Taking walks in the field or your neighbour's field
- On-farm "staycations" 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
- Access to help lines, doctors, mental health workers, and other health professionals
- Social media as well as "cell phone free" time

Developed by the Stakeholder Working Group for farmer mental health at the University of Guelph
Contact: Briana Hagen and Dr. Andria Jones-Bitton, University of Guelph
Illustrated and designed by A. Sawatzky