

WAYS TO ASK FARMERS ABOUT THEIR MENTAL HEALTH, INCLUDING RISK OF SUICIDE

Assessing the risk of suicide in any patient, including farmers, is a sensitive task. It's essential to approach the conversation with care, empathy, and a non-judgmental attitude. Here's some questions a healthcare provider could ask a farmer to assess their emotional well-being and risk of suicide:

Have you been feeling more stressed or overwhelmed than usual lately?

Are you finding it hard to cope with the daily challenges you face as a farmer?

Are you feeling more isolated or disconnected from others?

Have you noticed any changes in your sleep patterns or appetite?

Have you had any recent losses or changes in your life that have been particularly difficult to handle?

Do you have a plan for what you might do if things continue to feel this way?

If the farmer expresses thoughts of self-harm or suicide, seek immediate help from a mental health professional or a crisis hotline.

