

# HOW TO START THE CONVERSATION AROUND MENTAL HEALTH WITH OUR FARMERS

It's never easy to start the conversation around mental health, especially in an industry like agriculture, where mental health is so stigmatized. Sometimes, just starting the conversation with the people in your life is the very first step to supporting them.



## HERE ARE SOME TIPS TO HELP GET THE CONVERSATION STARTED



Be open about your own mental health struggles and create a space that makes it easy for others to share their own struggles.



Everyone deserves support in mental health, even if they aren't sure how to reach out for it. We must make getting help for mental health normal and even easy.



We're all balancing the stressors in our own lives, but if you notice someone is withdrawn or quieter than usual, that is the time to reach out or offer to catch up over some coffee.



Make sure the farmers in your life know you are there for them, from checking in on what they're up to and tuning in to what's happening in their lives and on their farms.

## SOME QUESTIONS TO START THE CONVERSATION:

"How is it going on the farm these days?"

"What's keeping you stressed out on the farm these days?"

"Have you been affected by what's happening in the industry?"