

Healthy Minds Healthy Farms



More than
3 out of 4
Canadian farmers
are experiencing
medium to high stress

21%
of Canadian
farmers follow
a written
business plan

New research indicates following a business plan helps farmers cope with stress and contributes to
peace of mind

RECOMMENDATION #1: Increase farmer mental health awareness

- Communicate the impacts of mental health in agriculture
- Amplify the message to reduce stigma
- Expand rural services and high-speed internet
- Develop strategies to address online harassment
- Promote business management's ability to reduce risk and stress

RECOMMENDATION #2: Improve mental health literacy for farmers and their supporters

- a. Deliver information and training via multiple learning channels
- b. Develop and deploy a list of support resources
- c. Provide targeted training in colleges and universities
- d. Seek out ways to obtain sustained funding for programming
- e. Train families, peers and advisors to notice the signs and help struggling farmers

RECOMMENDATION #3: Ease farmer stress using business management to help manage risk and uncertainty

- a. Use terms familiar to farmers like risk management to encourage business planning
- b. Make risk management and scenario planning tools more available and accessible
- c. Provide step-by-step resources to help farmers use business management on their farms
- d. Incorporate mental health into emergency planning
- e. Research medium and long-term effects of business management on mental health

RECOMMENDATION #4: Advocate for farmer-specific mental health services

- Identify gaps in programming and resources available to farmers in each region
- Promote successful programs to make them more widely available
- Coordinate a nation-wide approach
- Create programming to target demographics like youth and women
- Revive extension services for accessible, affordable support



FARM MANAGEMENT CANADA
GESTION AGRICOLE DU CANADA