

TENNESSEE STATE UNIVERSITY
EXTENSION



01 What contributes to the mental health of farmers and farmworkers?



FINANCIAL



WEATHER



ISOLATION



STIGMA



STRESS

02 What obstacles do farmers expect to experience in seeking mental health care?

COST



EMBARRASSMENT



AWARENESS



*Awareness of where or how to seek services

03 How to Reduce Stigma

TALK TO SOMEONE

- Church leader
- Family
- Friend
- Doctor

INCREASE AWARENESS

Contact your local Extension office for more information on caring for your health and stress management available in your county.

Need Help Now?

The National Suicide Prevention Lifeline

1-800-273-TALK (8255)

a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

TX-specific:

888.291.HELP (4357)

or

Chat online

(2p-2a EasternTime)

www.suicidprevention@tne.org



College of Agriculture
Cooperative Extension

SOURCE: MORNING CONSULT POLL https://www.fdl.org/files/afip_rural_stress_polling_presentation_04.16.19.pdf

What You Can Do

you can save a life & be a resource

- ✔ Listen, ask questions, and observe
- ✔ Find resources for the individual, whether it be a crisis line (phone numbers on the front and back pages), or a walk-in clinic or emergency room
- ✔ Offer to make the phone call to the crisis line or send the first text to the crisis text line
- ✔ Remove methods that they may use to attempt suicide
- ✔ Be ready for the tough answers
- ✔ Offer to be there every step of the way, and remind them that **THEY ARE NOT ALONE**



TENNESSEE
FARMER SUICIDE
PREVENTION

Cultivating Hope

stress & suicide prevention in agriculture



Free & Anonymous

CALL 1 - 800 - 273 - 8255

or **855 - CRISIS - 1**

**WE ARE HERE TO HELP:
TEXT TN TO 741741**



Risk Factors

these factors increase the chances of suicidal thoughts and behavior

- ✦ A bad crop season
- ✦ Death of a relative
- ✦ Financial issues due to uncontrollable events, like weather and policy changes
- ✦ Geographic isolation - not only isolation from others, but from access to services due to distance
- ✦ Work-related injuries
- ✦ Physically demanding job
- ✦ Higher stress occupation
- ✦ Pressure for men to stay in role as a provider, to "be a man," can keep some from seeking help
- ✦ Exposure to harmful pesticides

Warning Signs

recognizing when someone's in crisis

- ✦ An increase in use of drugs and/or alcohol
- ✦ An unusual farming accident
- ✦ Increased feelings of hopelessness, mental illness, psychological distress and depressive symptoms
- ✦ Change in sleeping patterns
- ✦ Making final arrangements, giving away possessions, getting personal affairs in order
- ✦ Withdrawal from family, friends, or routines that were pleasurable
- ✦ Not being able to focus
- ✦ Agricultural problems due to finances, weather changes, or policy changes



"Saving Lives in Tennessee"

YOU ARE NEVER ALONE.



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TN Department of
Mental Health &
Substance Abuse Services

TN Department of
Agriculture