



Success Stories

STRESS AND MENTAL HEALTH

umash.umn.edu/stress

The Problem:

Chronic stress in agricultural communities has reached a crisis level. Multiple and severe stressors, combined with inadequate access to support and resources, are contributing to this crisis.

The Solution:

By merging mental health and agricultural expertise to create partnerships, UMASH has engaged the community, funding three innovative projects and resources for the communities experiencing stress.

THE IMPACT

GEAR UP FOR AG PROGRAM

To reach the next generation of agricultural workers, we produced an online video to start important conversations and offer resources.

- » 3,000 students in the US, Canada, Australia, and Denmark.
- » 50% of these participating students reported having observed signs and symptoms of stress among their friends and family members.
- » A collaboration with this project resulted in a toolkit for community-based conversations on mental health in agriculture.

CULTIVATING RESILIENCY FOR WOMEN IN AGRICULTURE

To meet the unique needs of women in agriculture, webinars offer tools, resources, and a sense of community to help women recognize and cope with current and ongoing stressors, often due to the multiple and unique roles they play.

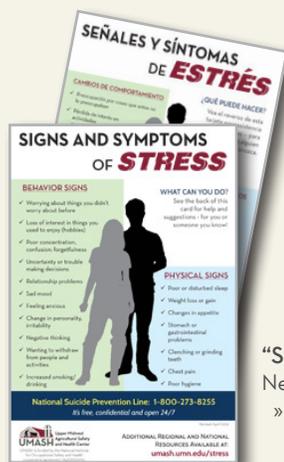
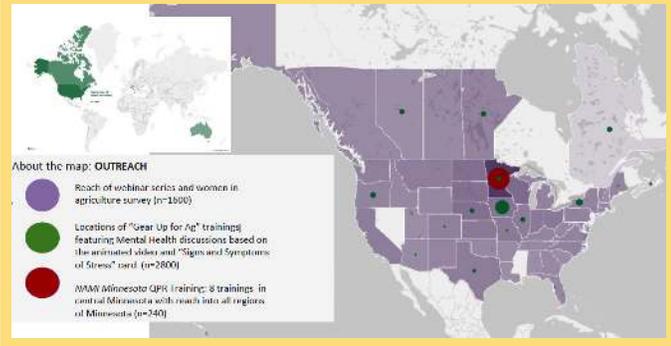
- » 90% of the 303 women surveyed experienced stress.
- » The project hosted 18 “Telehelp” webinar sessions and added “coffee chat” support group sessions.
- » 2,500 women from across the US and Canada participated.

BUILDING RESILIENT AGRICULTURAL COMMUNITIES

The Minnesota chapter of the National Alliance on Mental Illness (NAMI Minnesota) has offered training to:

- » prepare community members to lead suicide prevention classes
- » gather and disseminate personal stories to draw attention and normalize conversations related to stress and suicide.
- » 15 statewide QPR (Question, Persuade, Refer) trainings equipped 318 individuals in farm communities with skills to prevent suicide.

This community-engaged process has brought resources, capacity, and skill-building opportunities into agricultural regions around the world.



“Signs and Symptoms of Stress”
New resource shared and co-branded by:
» Ag Health & Safety Alliance, Farm Bureau, Goodhue County, US Ag Centers, and American Agri-Women

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