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.

Mental Health + Agriculture

“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

*Revised January 2020*