

# MENTAL HEALTH AND AGRICULTURE

## FACILITATOR'S DISCUSSION GUIDE

umash.umn.edu/mental-health-and-agriculture

### INTRODUCTORY QUESTIONS

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Shortly we will be watching a brief video on **Mental Health and Agriculture**, but to start the discussion, I was wondering...

- » *When you think of a healthy person, what comes to mind? Words and/or images?*
- » *When you think of a person who is sick, what comes to mind?*
- » *Does Mental Health and Mental Illness mean the same thing to you?*

In order to be diagnosed with a physical or mental illness, an individual has to have a certain set of symptoms. It is important to remember that there are treatments for mental illness just as there are treatments for physical illness

### MENTAL HEALTH

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The title of this video is **MENTAL HEALTH AND AGRICULTURE**.

- » *Is there anything different about mental health in agriculture than other types of mental health? What do you think is different?*



### STRESS

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Review the information in the section on “stress”. Encourage discussion.

- » *What are some of the current stresses in farming?*



⇒ SEE REVERSE

## SYMPTOMS

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Review the information in the section on “symptoms”.

- » *Have you ever seen these symptoms in others? Without sharing any names, can you share what you noticed?*
- » *Has anyone ever seen some of these signs and said something?*
- » *If you wanted to say something but couldn't, what stopped you?*



## WHAT CAN YOU DO?

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Review the information on “what you can do”.

- » *Imagine yourself in a really stressful situation. Of these suggestions, would you think about doing any of them?*
- » *If yes, what would you do?*
- » *If no, what would keep you from reaching out for help?*



## SOMETIMES YOU NEED HELP. SOMETIMES YOU ARE THE HELP.

- » *How many of you consider yourselves helpers?*  
Most would agree that it is easier to be the helper than the person needing help, and most are happy to help.
- » *What are some of the things that make it so difficult to be the one needing help?*
- » *What do you think needs to change to make it easier to ask for help?*
- » *Does talking about it and knowing the warning signs help?*
- » *Do you have any suggestions on other things we can do in our community?*

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