



Farm State of Mind®

*A healthy farm or ranch
is nothing without a healthy you.*

Mental Health in Rural America

America's farmers are known for their resilience, their entrepreneurial spirit, and their passion for what they do.

They're not immune to mental health challenges that affect so many of us. In fact, compared to most occupations, mental health challenges are more pronounced among farmers.

This is due to a combination of high job-related stress, continuing stigma around discussing emotional overwhelm, and a lack of trained support in many rural communities.

The Farm State of Mind Alliance believes the mental health challenge facing rural communities needs more attention, and America's farming and ranching families must be supported.

According to the National Rural Health Association, **farmers are 3.5 times more likely to die by suicide** than the general population.

A 2019 survey by the American Farm Bureau Federation found nearly half (46%) of farmers and farmworkers surveyed said it was **difficult to access a therapist or counselor in their local communities.**

A first-of-its kind survey by the Georgia Foundation for Agriculture and other partners in 2021 found sobering statistics:

- **29% of farmers** reported thinking of dying by suicide at least once per month,
- **49% of first-generation farmers** think about dying by suicide at least once per month, and
- **39% of farmers** report feeling hopeless at least once per month.

No one should have to live this way, and we must ensure farmers can find help when they need it.

Visit FarmStateOfMind.org to learn more.

Why Farm State of Mind®?

The Farm State of Mind initiative is guided by farmers to meet the needs of farmers, and the Farm State of Mind Alliance includes some of the largest membership organizations serving the farm community nationwide.

We're able to deliver huge impact through strong networks, but we also leverage our relationships to ensure all farmers have access to resources, wherever they are – regardless of their membership, farm size, or location.

We offer:

- Access to **Togetherall**, an anonymous, clinically moderated online peer-to-peer community, **available 24/7 at no cost to farmers and farm family members** over 16, uniquely through us
- **Counseling and consultation services**, free to farmers and farm family members
- A national **directory of mental health resources**, by state
- **Training to help community leaders, family members and farm service providers** discuss and address mental well-being confidently, consistently and impactfully
- Frequent **in-person and virtual outreach** in rural communities and at farmer-oriented events, made possible by our extensive partnership network
- And **much more**

Additional research, funding and partnerships can help Farm State of Mind evolve our work and bring further solutions to address this critical challenge.

Online peer-to-peer support like Togetherall may be particularly impactful for farmers and ranchers.

According to American Farm Bureau Federation research conducted in 2020, 68% of farmers surveyed said that isolation had an impact on their mental health. Compounding this, it can be difficult to anonymously and openly discuss problems in small, close-knit communities.

A study published by the National Library of Medicine suggests that peer support is associated with improvements in mental health, including greater happiness, self-esteem and effective coping, and reductions in depression, loneliness and anxiety. Peer support also has positive effects for those who are able to help someone else.

Through this partnership, Togetherall has helped over 1,400 farmers and farm families and counting.



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