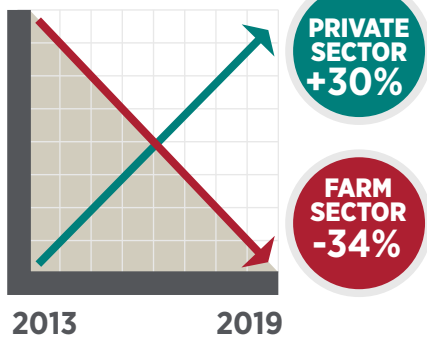


GROWING STRESS ON THE FARM

Floods, bankruptcies, consolidation and a credit squeeze — amid mounting pressures, farmers and ranchers in Missouri struggle to access mental health services.

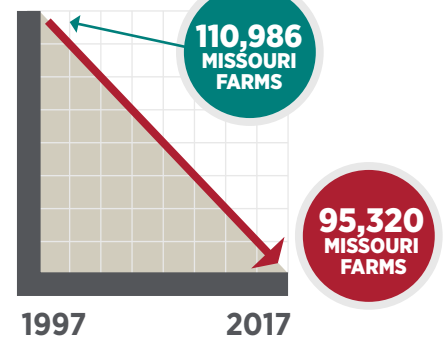
The mental health crisis in rural Missouri is more challenging than in urban communities, but may be particularly severe for the agricultural community. Recent studies, media coverage and congressional action suggest the unique set of external challenges faced by farmers and ranchers are resulting in extremely adverse mental health outcomes in agricultural communities. Contributing to mental health challenges on the farm, recent extreme weather events, economic pressure and foreign trade policies have combined to produce a series of lean years for agricultural producers not seen since the farm crisis of the 1980s.

U.S. GDP

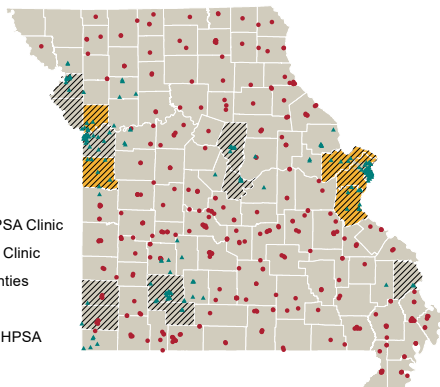


While the U.S. economy has experienced quarter-over-quarter growth since the end of the recession in 2008-2009, **the farm sector has experienced six periods of recession.**

NUMBER OF MISSOURI FARMS

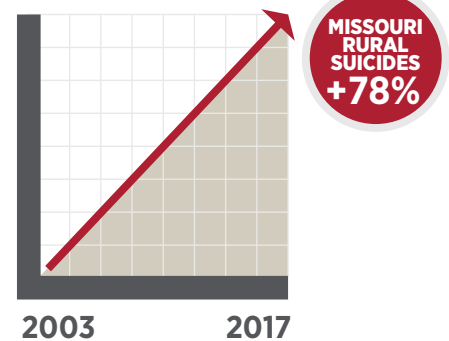


Missouri has nearly **16,000 fewer family farms** today compared to 20 years ago, and bankruptcies are on the rise. **Bushel prices have fallen by 47% since 2012**, while farm income and credit conditions have deteriorated.



Pervasive stigma and geographic barriers to accessing mental health can prevent all who seek behavioral health services in rural Missouri from seeking help for stress, anxiety and depression. **Each of Missouri's 99 rural counties is a designated Mental Health Professional Shortage Area, and with just 3.7% of the recommended supply filled, Missouri faces the largest shortage of behavioral health care providers in the U.S.**

MISSOURI RURAL SUICIDES



Suicide is growing at an alarming rate in rural Missouri. Between 2003 and 2017, **the suicide rate among rural Missourians grew by 78%**, and throughout the last decade, their **hospital emergency department visits for suicide attempt or ideation increased 177%**. **Rural men between the ages of 35 and 44 have triple the statewide suicide mortality rate.**

Missouri is home to multiple innovative programs designed to improve mental health access and outcomes for rural residents, but additional investments are needed. Read the [FULL REPORT](#).