



Understanding Mental Health and Farm Stress

Mental health awareness is achieved with an understanding of how to obtain and maintain positive mental health. People with limited mental health awareness may be unable to recognize signs of distress in themselves or others, which can prevent them from seeking support.

Unique Aspects of Farm Stress

Farm stress is the stress experienced by farmers and their families as a result of the unique agricultural work environment. Farm stress can be experienced by the farmer/producer, agricultural workers, and/or farm families.

Signs and Symptoms of Mental Health Concerns

- Changes in routines or social activities
- Decline in the care of domestic animals
- Increase in illness or other chronic conditions
- Increase in farm accidents
- Decline in appearance of the farmstead
- Signs of stress in children including struggles with school
- Decreased interest in activities or events

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)