A photograph of three people walking away from the camera in a field at sunset. The scene is bathed in a warm, golden light from the low sun, creating a lens flare effect. The people are dressed in outdoor workwear, including jackets, vests, and boots. The background shows a line of trees and a clear sky.

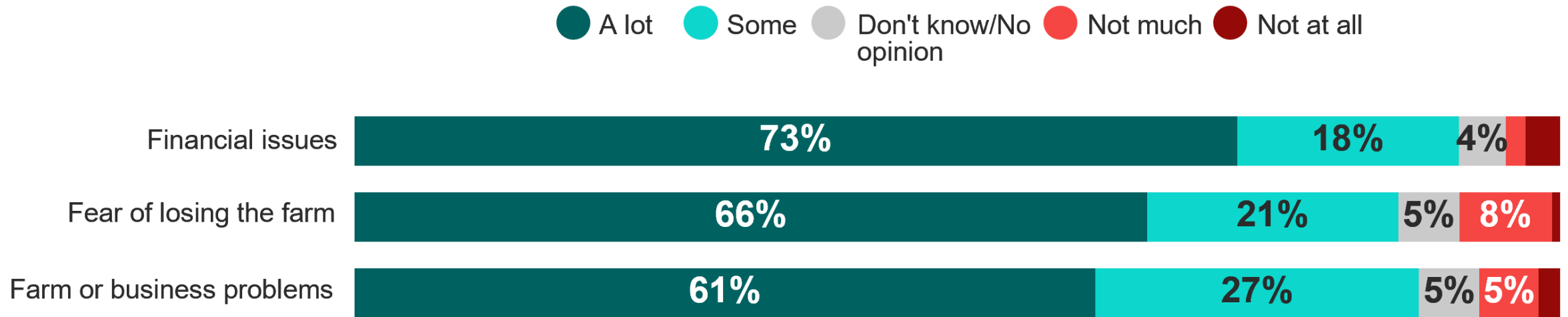
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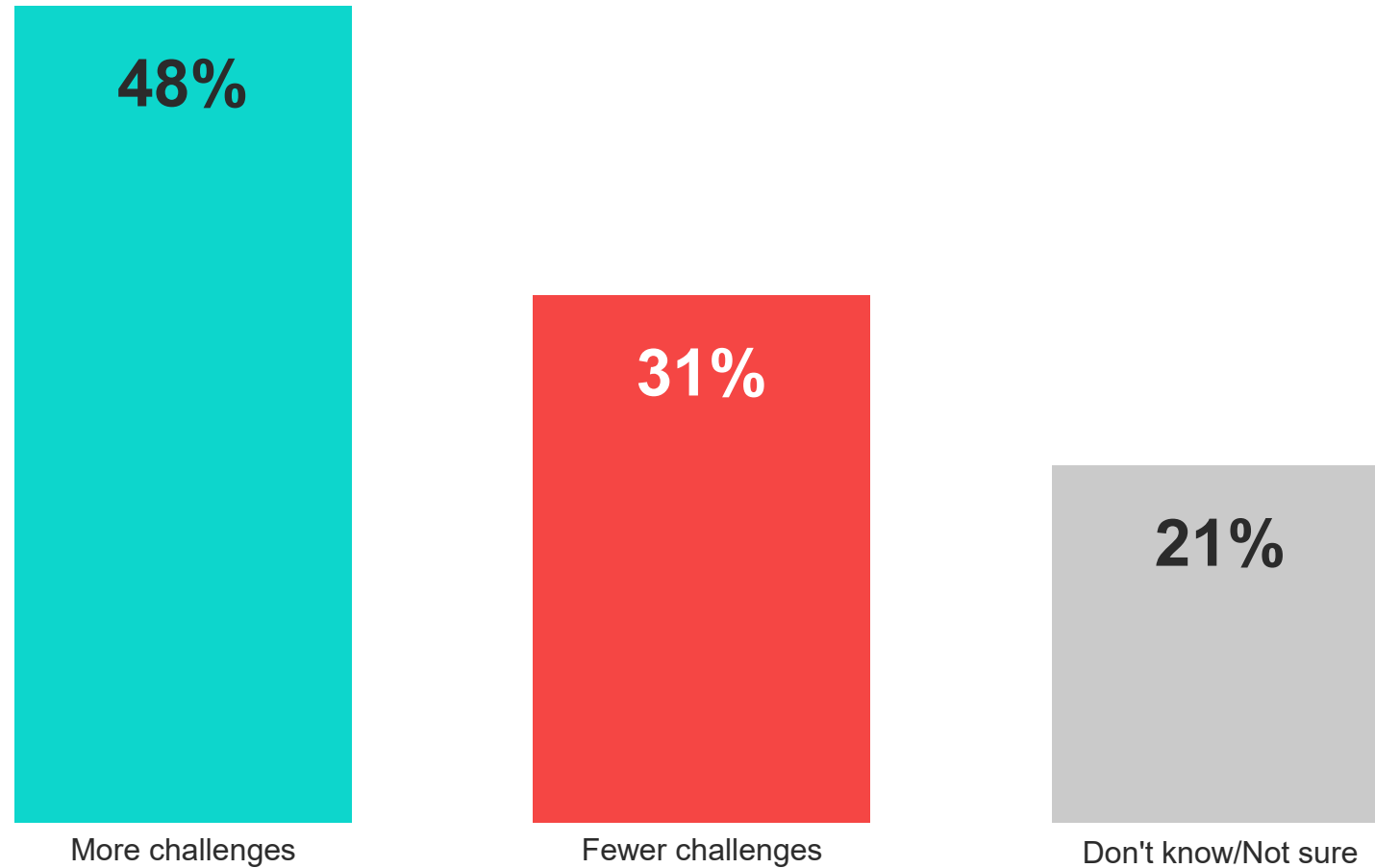
A strong majority of farmers/farmworkers said financial issues (91%), fear of losing the farm (87%), and farm or business problems (88%) impact farmers' mental health.



* AFBF/Morning Consult poll, April 2019



Nearly half of rural adults (48%) said they were personally experiencing more mental health challenges than they were a year ago.



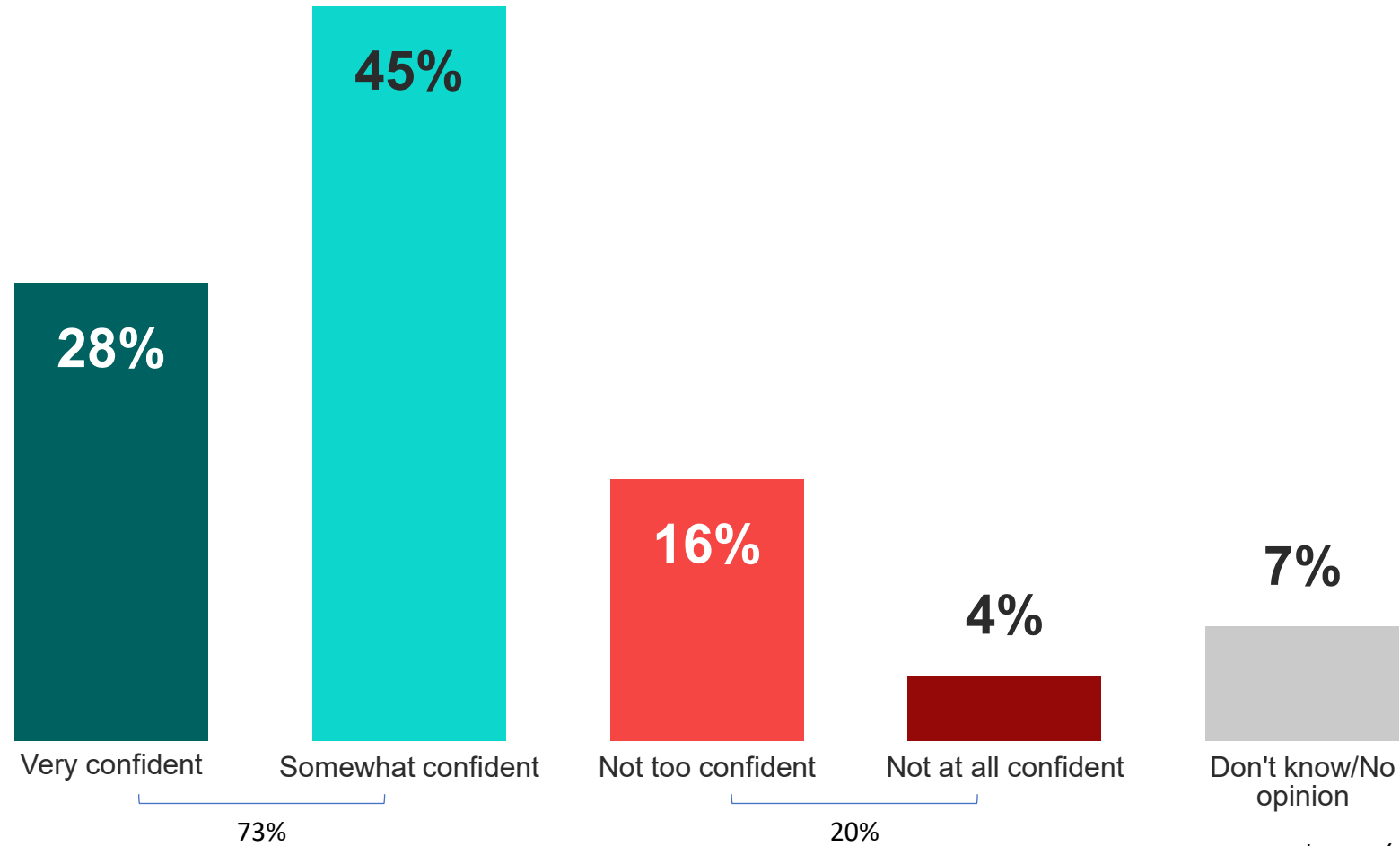
** AFBF/Morning Consult poll, April 2019*



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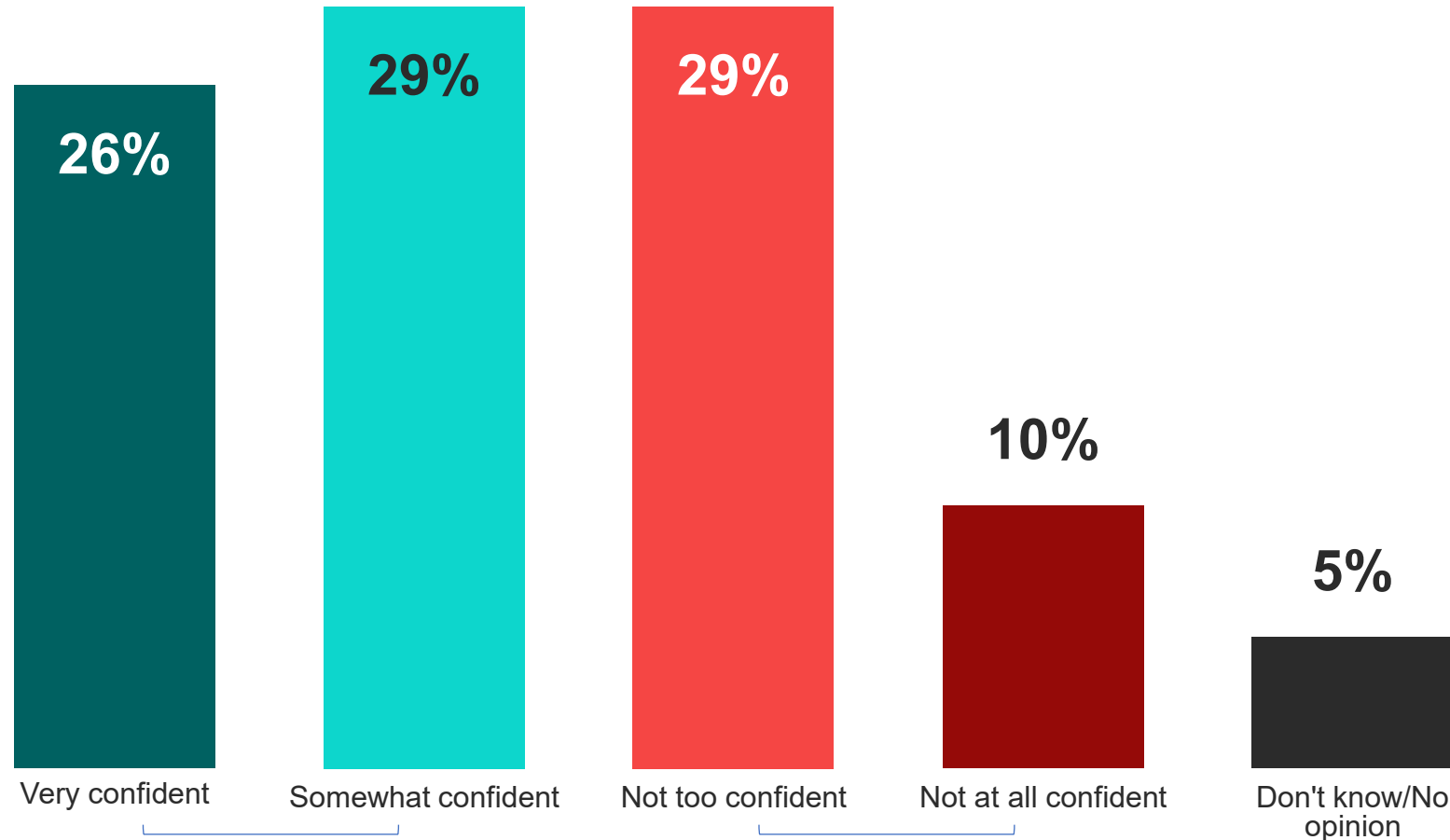
A majority of rural adults (73%) were confident they would be able to spot the warning signs of a mental health condition in an immediate family member or close friend.



* AFBF/Morning Consult poll, April 2019



However, farmers/farmworkers were less likely than rural adults to be confident that they would be able to spot the warning signs, by a 22% margin (55% vs. 73%).

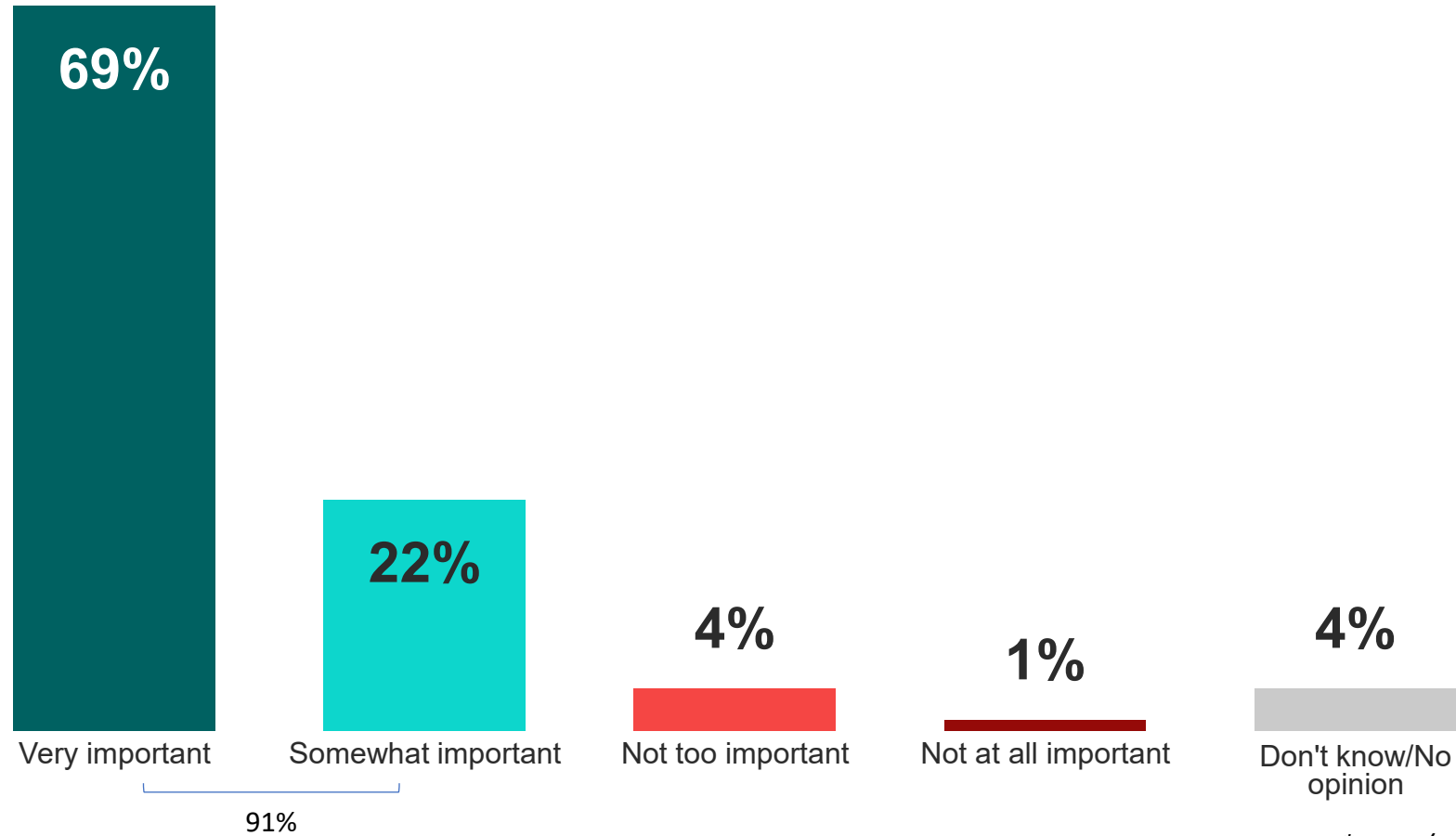


*Among farmers/farmworkers, n=81

* AFBF/Morning Consult poll, April 2019



A strong majority of rural adults (91%) said mental health is important to them and/or their family.



* AFBF/Morning Consult poll, April 2019





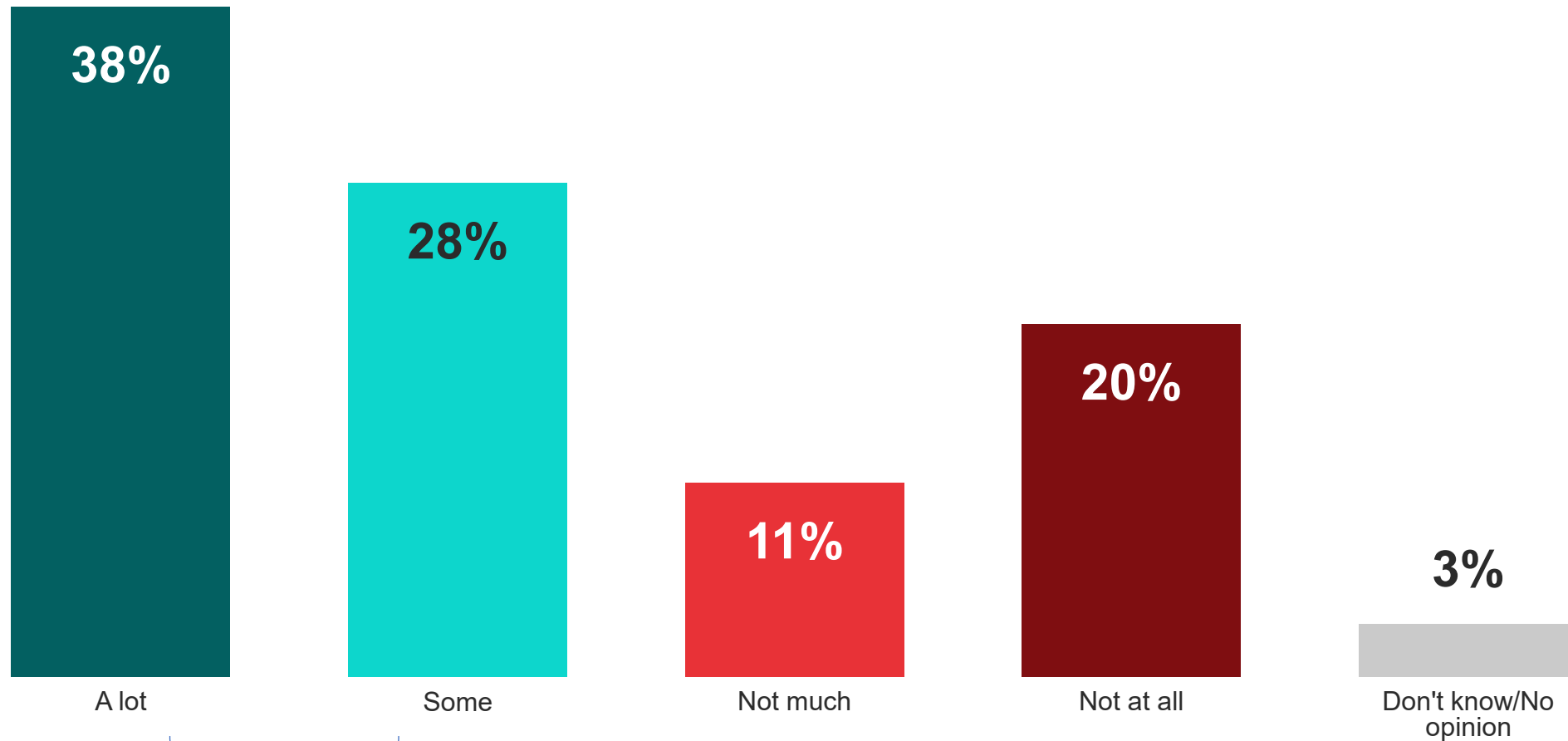
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- Directory
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- Start the Conversation
- Steps to Help
- Research
- Farm Town Strong
- Training

As any farmer or rancher can tell you, **farm life can be demanding and stressful**. It has reached a critical stage with pandemic impacts on top of natural disasters, extreme weather events, financial pressures due to fluctuating commodity prices, labor shortages, trade disruptions and other factors over the past several years. Given these ongoing challenges, it's no surprise that more farmers and farm families are

Two in three farmers/farmworkers (66%) said the COVID-19 pandemic impacted their mental health.



*n=71

66%

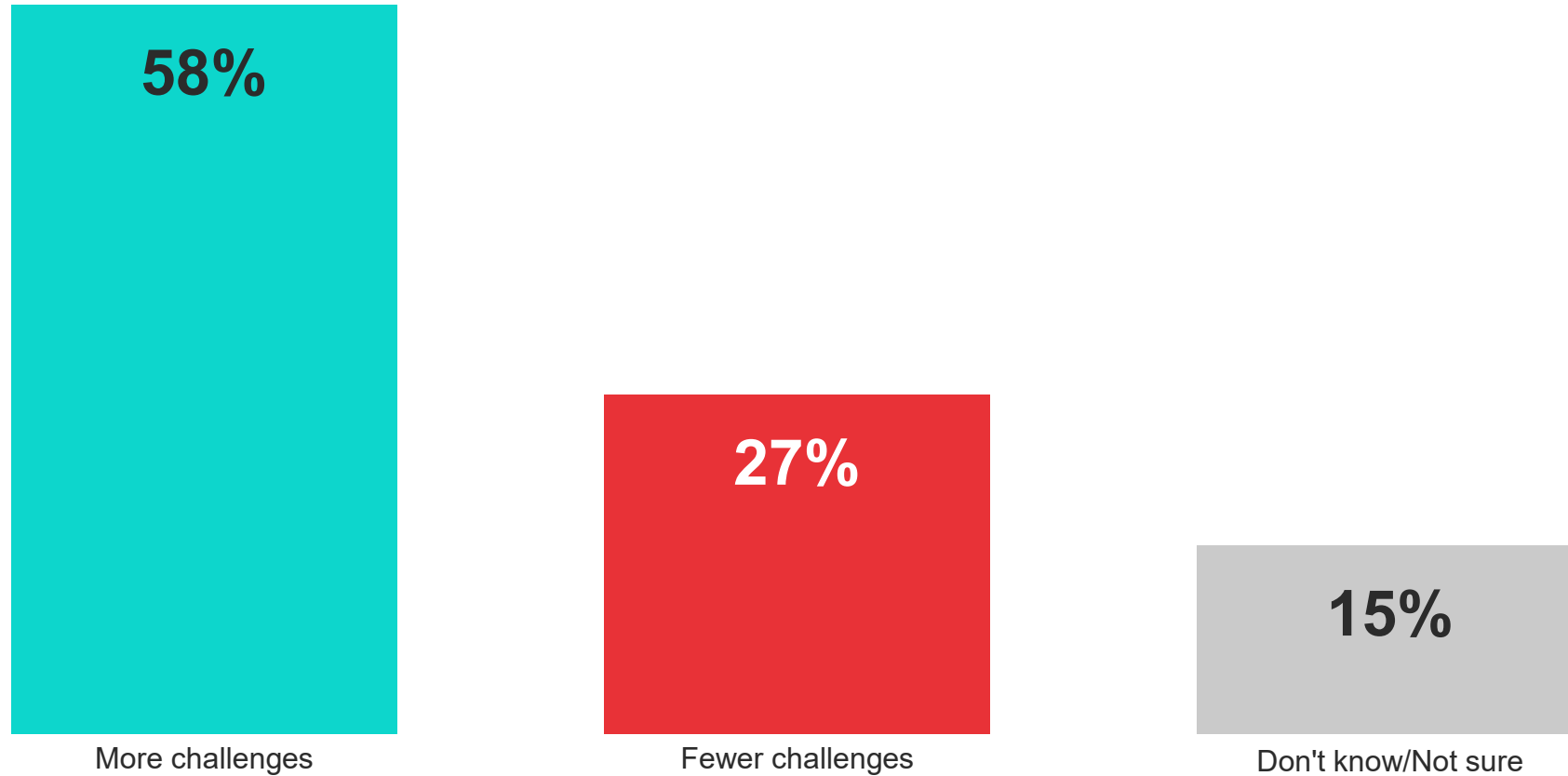
* AFBF/Morning Consult poll, December 2020



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More than half of farmers/farmworkers (58%) said they were personally experiencing more mental health challenges than they were a year ago.



*n=71

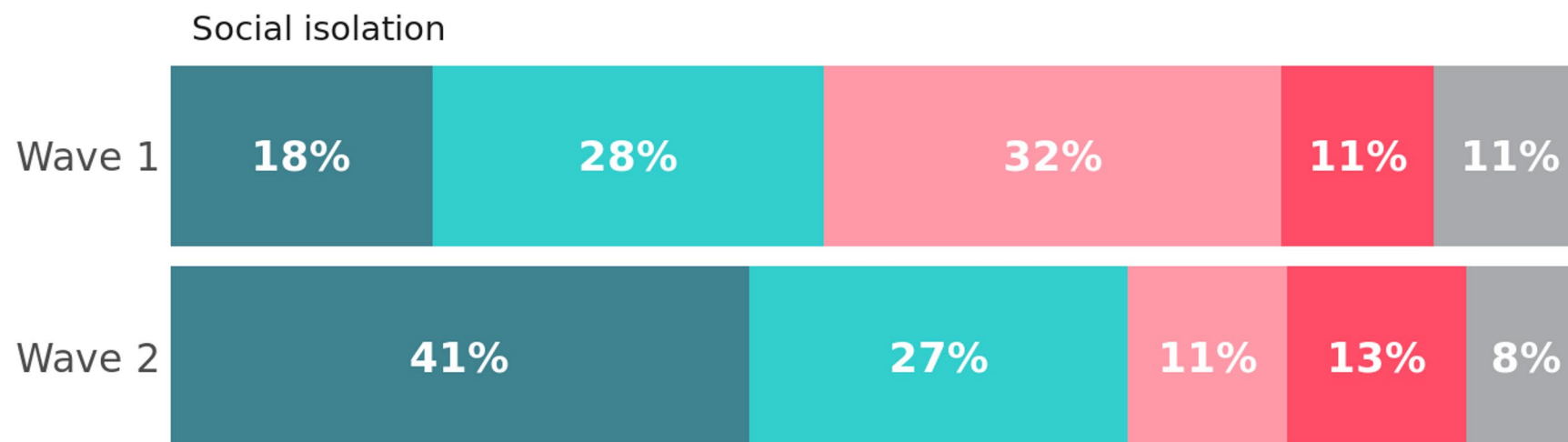
* AFBF/Morning Consult poll, December 2020



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The percentage of farmers/farmworkers who said social isolation impacts the mental health of farmers increased 22% since April 2019.



*Wave 1, n=65
Wave 2, n=71, margin of error 12%

* AFBF/Morning Consult poll, December 2020



Farm State of Mind Resource Directory

Need Help? Know Someone Who Does?

Search State Resource Type Include National? Yes No Limit Refresh



Georgia: Rural Georgia: Growing Stronger

University of Georgia Extension

University of Georgia Extension provides a collection of articles, resources and programs to assist farmers and rural families with issues from maintaining good mental and physical health to juggling economic, educational or lifestyle concerns.

Published Information

Statewide Services

[Visit Website](#)

extension.uga.edu



Georgia: Georgia Crisis Access Line

Georgia Collaborative Administrative Services Organization

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225. GCAL is available 24/7 to help you or someone you care for in a crisis. GCAL professionals will:

- Provide telephonic crisis intervention services
- Dispatch mobile crisis teams
- Assist individuals in finding an open crisis or detox bed across the state
- Link individuals with urgent appointment services

Hotline

Statewide Services

[Call Hotline](#)

[800-715-4225](tel:800-715-4225)

GeorgiaCollaborative.com

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PEOPLE.COM > HEALTH

People EXCLUSIVE

Ranchers Struggle with Access to Mental Health Services as COVID Puts Stress on Rural Communities

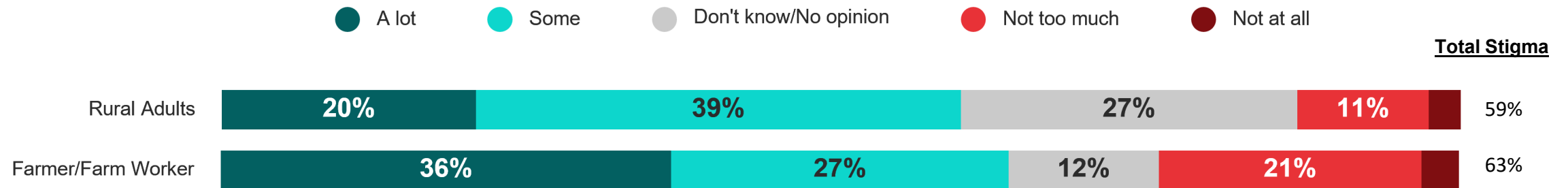
The pandemic has taken a toll on mental health in agricultural communities where health providers are scarce

By Vignesh Ramachandran and Eli Imadali | May 07, 2021 04:14 PM



Lance Wheeler | CREDIT: ELI IMADALI FOR KHN

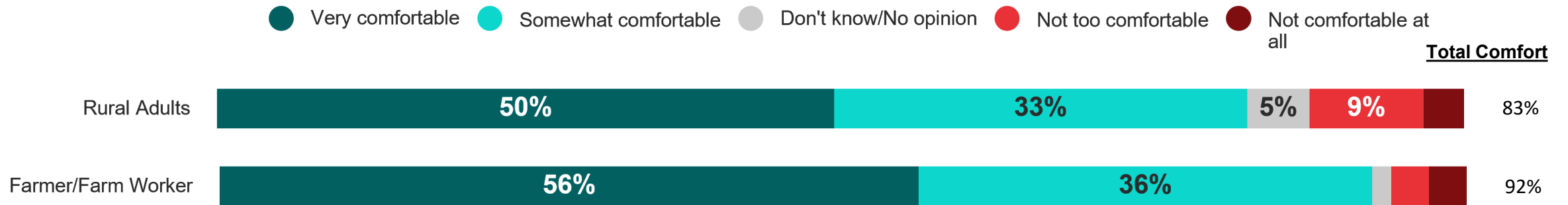
A majority (59%) of rural adults and farmers/farmworkers (63%) said there is stigma in the agriculture community around stress and mental health.



* AFBF/Morning Consult poll, December 2021



More than 9 in 10 (92%) farmers/farmworkers said they would be comfortable talking about solutions with a friend or family member who is dealing with stress or a mental health condition.

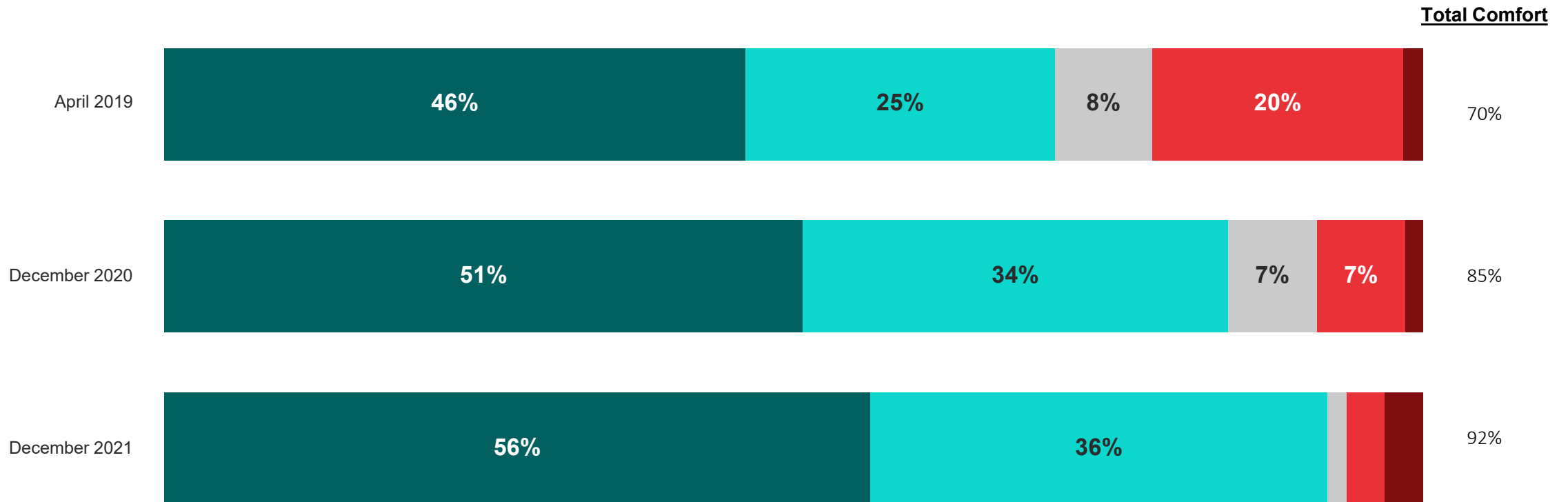


* AFBF/Morning Consult poll, December 2021



The percentage of farmers/farmworkers who said they would be comfortable talking to friends and family members increased 22% since April 2019.

● Very comfortable ● Somewhat comfortable ● Don't know/No opinion ● Not too comfortable ● Not comfortable at all



*April 2019, n=65
December 2020, n=71
December 2021, n=66, MOE +/- 12%

* AFBF/Morning Consult poll, December 2021





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