Stronger Together

#FarmStateOfMind

farmstateofmind.org
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.

- Financial issues: 73% a lot, 18% some, 4% don't know/no opinion, 4% not much, 8% not at all
- Fear of losing the farm: 66% a lot, 21% some, 5% don't know/no opinion, 8% not much, 8% not at all
- Farm or business problems: 61% a lot, 27% some, 5% don't know/no opinion, 5% not much, 5% not at all

* 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
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

#FarmStateOfMind farmstateofmind.org
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.

*AFBF/Morning Consult poll, December 2020*
More than half of farmers/farmworkers (58%) said they were personally experiencing more mental health challenges than they were a year ago.

- More challenges: 58%
- Fewer challenges: 27%
- Don't know/Not sure: 15%

*AFBF/Morning Consult poll, December 2020

n=71
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
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.

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

Showing 1 - 2 of 2 entries
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
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.

<table>
<thead>
<tr>
<th>Total Comfort</th>
<th>Very comfortable</th>
<th>Somewhat comfortable</th>
<th>Don't know/No opinion</th>
<th>Not too comfortable</th>
<th>Not comfortable at all</th>
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</thead>
<tbody>
<tr>
<td>April 2019</td>
<td>46%</td>
<td>25%</td>
<td>8%</td>
<td>20%</td>
<td>70%</td>
</tr>
<tr>
<td>December 2020</td>
<td>51%</td>
<td>34%</td>
<td>7%</td>
<td>7%</td>
<td>85%</td>
</tr>
<tr>
<td>December 2021</td>
<td>56%</td>
<td>36%</td>
<td></td>
<td></td>
<td>92%</td>
</tr>
</tbody>
</table>

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