

MENTAL HEALTH AND THE IMPACT ON WELLNESS

For Farm Families



Many of the factors that affect agricultural production are largely beyond the control of the producer. Good health, including mental health, is a key factor that contributes to one's ability to keep farming.

Twenty percent of any population has mental health complications, including farmers and ranchers. Stigma and privacy concerns associated with mental health issues may mean that many people do not seek out available behavioral health services.

SYMPTOMS OF POOR MENTAL HEALTH

- Persistent worry and fear
- Apprehension and uneasiness
- Avoidance of others
- Feeling sad
- Lack of interest or pleasure in activities
- Significant weight change or changes in appetite
- Problems sleeping
- Slow or fidgety body movements
- Low energy
- Difficulty concentrating
- Frequent thoughts of death or suicide
- Substance misuse
- Unexplained changes in physical appearance or behavior

EXPERIENCING ANY OF THESE SYMPTOMS?

Take the Two Question Self-Assessment Tool:

1. During the past two weeks, have you often been bothered by feeling down, depressed, or hopeless?

Yes No

2. During the past two weeks, have you often been bothered by little interest or pleasure in doing things?

Yes No

*If you have a positive response to either of these questions, consider talking to your health care provider about further assessment. You can also access self-screening tools by visiting:

screening.mhanational.org/screening-tools/



WHEN YOU TALK TO YOUR HEALTH CARE PROVIDER:

- Be pro-active; ask about potential signs of stress, anxiety, or depression
- Speak openly about stressful issues in your work and home life
- Be familiar with your family medical history related to depression or other contributing behavioral issues
- List any prescribed and over-the-counter medications you take
- Be aware of smoking habits and alcohol intake
- Inquire about a referral to a mental health specialist
- Know what your insurance coverage may (or may not) be for evaluation of mental health care

