

MSU Extension's Response to Farmers under stress



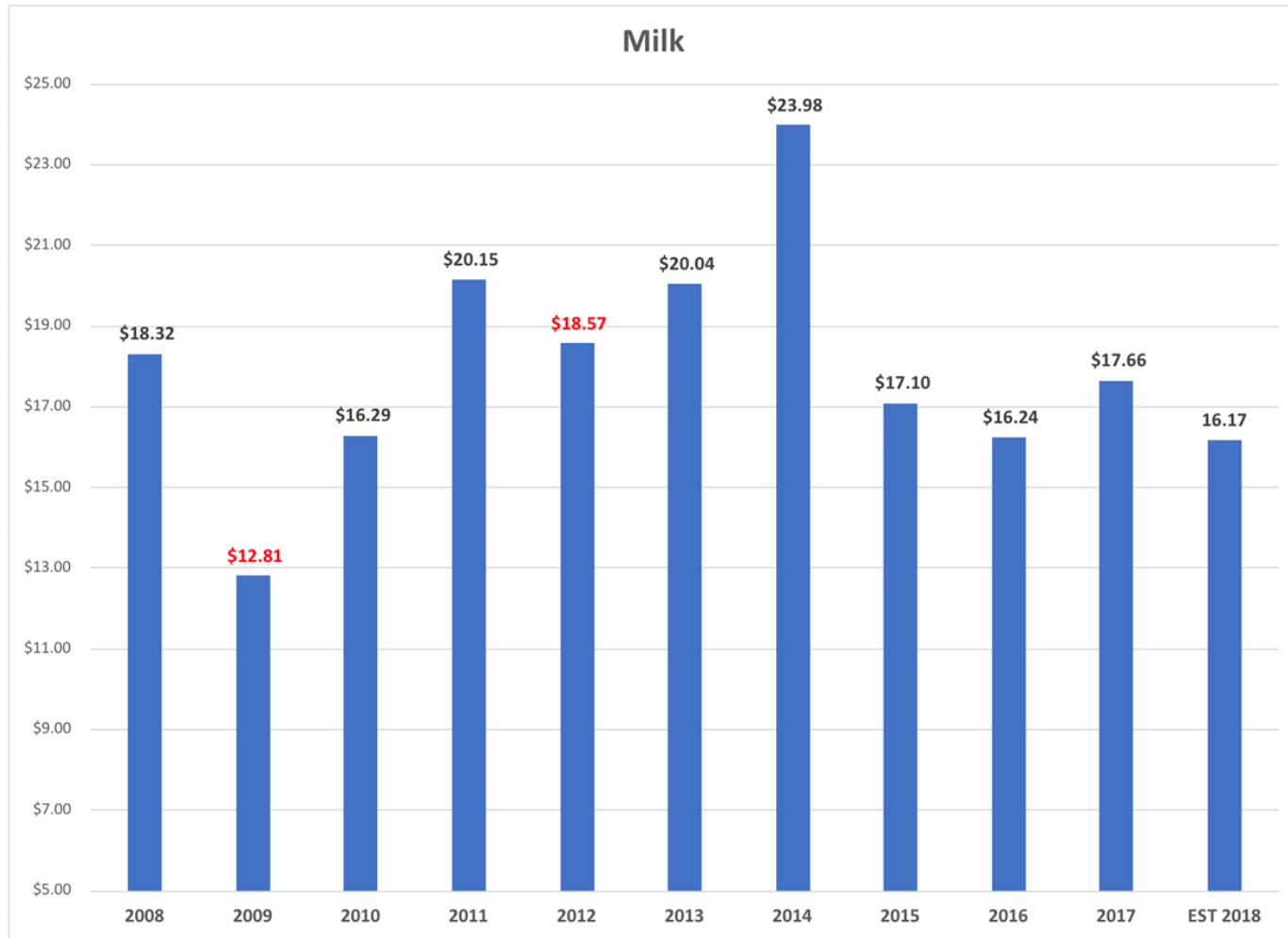
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Farming ranks in the top ten most stressful occupations in the United States.



10 Year Historic Milk Prices



Original Core Team

- Suzanne Pish, Social and Emotional Well-Being
- Roger Betz, Farm Management
- Adam J. Kantrovich, Farm Management

- MSU Communications Team
 - Provided assistance in editing, layout & design of bulletins and materials that were developed
 - Got media releases to all media outlets about materials, program events, and articles that were developed and written by the team
 - Designed & Developed special topics webpage

- Many others have also provided support

Michigan State University Extension's Response to the Farm Crisis

- Summer 2016 notice that farmers were under more financial strain
- Offered 2 Mental Health First Aid trainings;

<https://www.mentalhealthfirstaid.org/cs/>

- Agricultural Extension Staff
- Stakeholders attended

Farm Stress Initiative

- **Communicating with Farmers Under Stress**
 - For agricultural professionals that work with farmers and their families
 - Topics:
 - How did the crisis develop
 - How to communicate with families in distress
 - How stress effects health, signs of mental health issues, and resources
- **Weathering the Storm: Managing Stress on the Farm**
 - For Farmers themselves
- **Factsheets:**
 - Opioid, Youth, Financial
 - Developing a program for mental health workers
- **Website**
 - <http://msue.msu.edu/managingfarmstress>

Communicating with Farmers Under Stress workshops since October 2016 N= **close to 1,000** people

Understand the impact that stress has on our bodies	Recognize warning signs of depression, suicide, mental illness	Where to send people for help
90% Moderate amount	92% moderate	96% A great deal

Farm Stress Summit

Build a network of support for farmers and
their families

Jan. 24-25, 2019

Kellogg Hotel and Conference Center | 219 S. Harrison Road, East Lansing, MI 48824

To sign up for Training:

<https://events.anr.msu.edu/farmstress/>

RESOURCES AVAILABLE



www.msue.msu.edu/managingfarmstress

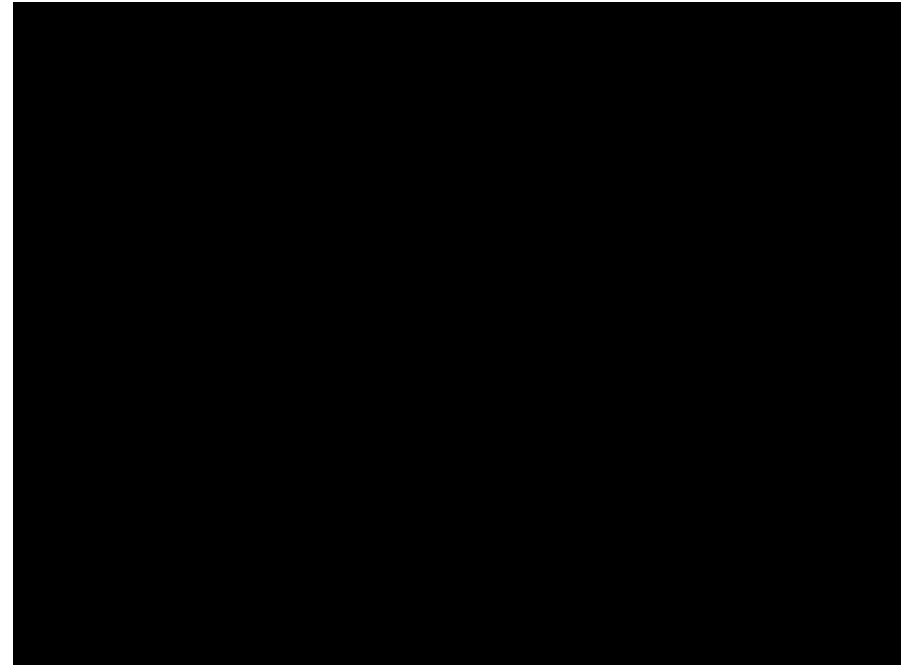
HOW TO CULTIVATE A PRODUCTIVE MINDSET

There are many factors in agriculture that farmers have no control over. Beyond the uncertainty of the weather, destructive crises such as disease outbreaks and short-term incidents such as machinery breaking down or accidents can and do occur. One powerful factor that we always have the opportunity to control, however, is our mindset.

Farmers and those within the agricultural industry have a tendency to be eternal optimists, but with all of the variability in agriculture there are times when we can become overwhelmed and stressed more than normal. Having the right mindset can help increase productivity and resiliency, so we are better prepared when times are tough, and more able to manage our farms and take care of our families and ourselves.



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State Resources

- **Call a suicide prevention hotline:**
 - Michigan Association for Suicide Prevention (734-624-8328)
 - [Michigan Suicide Hotlines](#)
 - Common Ground (1-800-231-1127)
- **Reach out to a mental health provider:**
 - [Michigan 211](#)
 - [Mental Health Resources, State of Michigan](#)

Mental Health First Aid Training- Call your local community health provider or MSU Extension can offer this training



National Resources

- **Suicide Prevention Resources**
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- [National Suicide Prevention Lifeline Crisis Chat](#)
- [American Foundation for Suicide Prevention – Risk Factors and Warning Signs](#)
- [American Foundation for Suicide Prevention – About Suicide](#)
- [Crisis Text Line](#): Text “GO” to 741741
- [Veterans Crisis Line](#): 1-800-273-8255, Press 1 (website also has a chat option)



Don't forget to visit:

msue.msu.edu/managingfarmstress

