

Your brain needs the same vigilant attention you give your farm. Our farms will thrive better when we also pay attention to our mental health.



It's time we connect Pennsylvania's farmers to good brain health.

Resources for Farmers

- Emergency help, dial 911
- Non-emergency help, dial 211
- National Suicide Prevention Lifeline (800) 273-8255
 - o Veterans: choose option 1
- National Crisis Text-line 741741
- Plain Communities Helpline (Green Pastures) (717) 989-8661
- National Alliance on Mental Illness www.nami.org or (855) 879-5439
- Prevent Suicide Pennsylvania preventsuicidepa.org

This brochure was developed by PA Farm Link and WellSpan Philhaven to elevate the conversation of good mental health in our farming communities and to provide resources for our farming families.



**NORTHEAST
EXTENSION
RISK
MANAGEMENT
EDUCATION**



**United States
Department of
Agriculture**

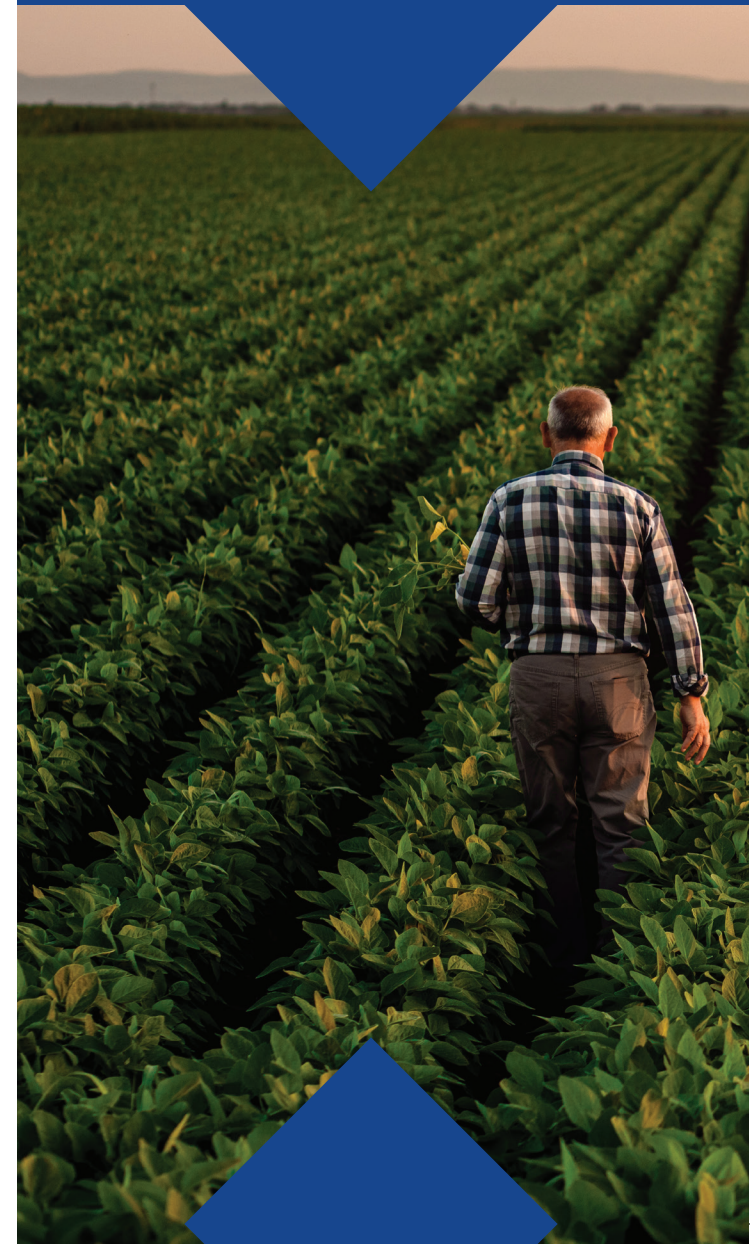
**National Institute
of Food and
Agriculture**

This material is based upon work supported by USDA/NIFA under Award Number 2018-70027-28588.

11936 INTELLIPRINT 1/20

Healthy Farms, Healthy Minds

**Connecting Pennsylvania's
Farmers to Good Brain Health**





A healthy farm

We know the signs of a healthy farm:

- Nutrition-rich soil
- Thriving crops
- Good yield
- No sign of disease or infestation

And we would respond to signs of trouble:

- Crops not producing
- Livestock not thriving

Challenges can happen as a result of things entirely out of our control, such as:

- Unfavorable weather
- Pest infestation or disease
- Market changes
- Loss of any kind

Have you considered how much our brains are like our farms? Your brain needs the same vigilant attention you give your farm. Sometimes we take better care of our pastures, livestock and equipment than we do of ourselves. Our farms will thrive better when we also pay attention to our mental health.



A healthy brain

Signs of good mental health:

- Fruitful relationships
- Good coping skills
- Taking care of physical health
- Good time management
- Good work-life balance
- Good problem-solving and decision-making skills
- A sense of joy and hope

Signs of concern:

- Difficulty concentrating, memory loss or racing thoughts
- Changes in sleep or appetite
- Decrease in energy, motivation or interest
- Increase in agitation, anger, nervousness
- Feelings of being a burden
- Loss of joy or hope
- Feeling trapped
- Engaging in reckless or risky activities
- Addiction issues
- Withdrawing or isolating
- Thoughts of giving up



What can we do?

Remember "FARM"

Face facts
Access help
Recover
Mentor



Face Facts

Has there been a change? If your friends or loved ones have expressed concern, listen. If any of the above symptoms exist, it probably means something! It is OK to not be OK, but it is not OK to stay there. Understand it is not a sign of weakness to seek help – it is a show of strength.

Access Help

Tell a trusted person that you want help. Explore options and resources. Designate a small period of time each day to devote to getting better. Don't give up! Sometimes it takes a couple of tries to get the right treatment fit.

Recover

Over time recovery will occur. Life will become more manageable and the pasture of the brain will begin to thrive again. Stay invested in the process – like any healing period, time is needed. Begin to live, laugh, love, learn and labor again.

Mentor

When you are able, reach out to your fellow farmers that may be struggling with mental health concerns. Let them know that help is available and that these challenges can be resolved. Don't wait to get help if you think someone is experiencing suicidal thoughts. Get immediate help!