

# TALK • ASK • LISTEN

**Mental Health In Agriculture Workshop**

**Delivered By:**

**The  
Do More  
Agriculture  
Foundation**

## Introduction

### Program Partnership

“Farmers are more likely to participate in support programs offered by providers familiar with agriculture and that cater to the unique needs of farmers.”

– Farm Management Canada Healthy Minds, Healthy Farmers Report, May, 2020

In 2019 Do More Ag sought to bridge this gap in mental health education and tailor a program that was unique to the industry.

We partnered with Bridges Health, to utilize their existing mental health content, specialize it to agriculture, and include a hands-on workshop component and experiential group learning.

To date, this workshop has been provided to over 900 primary producers across Canada. The sessions are facilitated by mental health professionals who also have lived agriculture experience.

### *The Do More Agriculture Foundation*

Do More Ag is a Canadian Charity focusing on mental health in Agriculture across Canada. Agriculture is an industry with a foundation of deep rural roots, hard work, get it done attitude, strength and community. In order to uphold that image, those traits can also be the industry's weakness as they become barriers for speaking up and seeking help.

For more information on Do More Ag visit <https://www.domore.ag>

### *Bridges Health*

Bridges Health is a national organizational wellness provider, specializing in both award winning proprietary programming (Managed Abilities Program and MINDfull Psychological Health & Safety Training) as well as the Mental Health Commission of Canada's Mental Health First Aid Certification training. Having certified over 2000 individuals in MHFA, and over 6000 employees and leaders in their MINDfull Psychological Health & Safety Training, they are a leader in mental health education across Canada.

For more information on Bridges Health visit <https://www.bridgeshealth.com/>

## Talk, Ask, Listen Workshop

1 in 4 Canadians will experience a mental health problem at some point in their life. 1 in 8 jobs in Canada are related to Agriculture yet producers are lacking resources related to mental health. Through Do More Ag, the feedback we have received is that people want to understand more about mental health and how they can help. The commitment of a full two day certification course in Mental Health First Aid is not always a feasible option. Our presentation and workshop options will provide participants with a base understanding of mental health and mental illness as well as practical strategies they can implement in their daily lives in terms of supporting others and their own mental wellbeing in a condensed yet hands on format.

### **Mental Health In Ag Workshop Outline** *(delivered in a ½ day, 2 hour sessions, or 4 modules.)*

#### Module 1: Mental Health Awareness

- a) Mental health
- b) Mental Illness
- c) Stress
- d) Substance Use
- e) Depressive Disorders
- f) Anxiety Disorders
- g) PTSD

This initial module is lecture based with all examples tied to agriculture, case studies, as well as time for questions.

#### Module 2: Providing Support

- a) What does support look like
- b) How to start a conversation
- c) How to direct to resources
- d) Follow up

This module begins with relevant examples then practical mock conversations between participants based on case studies provided.

#### Module 3: Supporting Within Your Means

- a) Understanding appropriate intervention based on comfort and training
- b) Receiving Training
- c) Resources for yourself and others
- d) Boundaries

Module 3 is lecture based and closes with two unique personal reflection and life balance exercises to assist participants in understanding their own current state.

#### Module 4: Self Care

- a) What is Self Care
- b) Self Care Strategies
- c) Practical Applications

#### Wrap Up/Questions/Clarification