

MENTAL HEALTH MATTERS: KEEPING SAFE AND WELL ON THE FARM

Farming is a demanding occupation characterized by high levels of stress and physical labour. It's hard work – both physically and mentally. These factors contribute significantly to the mental health challenges faced by farmers, farm workers and farm families. The intricate connection between farm work and mental well-being has significant implications, not only for individuals but also for the safety and efficiency of farming operations.



HEALTH OUTCOMES AND FARMING HAZARDS

Farmers face many hazards in their day-to-day work that can cause long-term health problems like heart disease, breathing issues, and muscle and joint injuries. These health problems are often linked to mental health challenges, such as anxiety and depression. The constant exposure to these hazards and the demanding nature of farm work can create a stressful environment, making these mental health problems worse.

WHAT CAN WE DO?

- Get regular medical check-ups to catch and manage health issues early.
- Follow safety protocols and use protective gear to reduce exposure to hazards.
- Seek professional mental health support to help with managing stress and symptoms of distress.