

## MENTAL HEALTH ON FARMS

Living off the land can be very rewarding; however, it can also have a negative impact on mental health.

Unfortunately, the suicide rate among farmers is nearly two times higher than non-farmers in Australia, and farmers are more likely to have depression and anxiety than other people. More than 1 in every 2 farmers thinks that mental health is a problem or concern in their local community. This can be due to the unique set of pressures associated with farming, including:

- withstanding natural disasters like bush fires, floods and droughts.
- concern about the future of farming
- financial concerns
- family problems
- difficulty finding and keeping good workers
- isolation

With early detection you can recover so it's important to remain connected and look after your mates. This can be by phone, at community events or by dropping in to help with farm work

Identifying the signs can be hard and you need to know what to look out for; and what to do if someone you know is depressed or suicidal.

Signs that someone is suffering depression may include:

- low self esteem
- low motivation or energy
- insomnia – difficulty sleeping and feeling tired
- difficulty concentrating or keeping focus
- inability to control your emotions – such as sadness or anger
- loss of enjoyment in socialising and doing things that previously made you happy
- changes in appetite and weight or decreased libido.

You can find a summary list of services available to farmers in Wollondilly below if you or someone you know needs mental health support.

If you are thinking about suicide, call Lifeline on 13 11 14. If your life is in immediate danger, call 000.

### Beyond Blue



### ifarmwell



### Kids Helpline



### Lifeline



### MensLine Australia



### R U Okay



ReachOUT



Suicide Call Back Service



Virtual Psychologist



Health Direct – Farmer Health



National Centre for Farmer Health



Mindspot



FACT SHEET

Rural Aid



*For our mates  
in the bush*

TIACS



Anala



Black Dog Institute

