

Farmer Stress and Resilience: Using Counseling Services to Support Future Producers

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The Current Situation

- Agriculture is an incredibly stressful vocation, and it isn't getting easier
- Many external factors contribute to stress for farmers
- Farmers tend to have more negative emotions and thought processes than positive ones
- There are limited mental health resources for rural communities in North Carolina
- Farmers have limited outlets and healthy coping mechanisms to deal with negative emotions and stressors
- CALS students' usage of the Counseling Center has increased by 35% over 3 years
- Many CALS students will return to their family farms or start their own production upon graduation

Factors Contributing to Farmer Stress

Weather patterns

Future of production

Market prices and taxes

Health care costs

Unilateral responsibility of the farm

Not enough time away from the farm



The NC Agromedicine Institute provides mental health resources to NC farmers and producers. How can we increase mental health services across rural North Carolina?

Policy Asks

- CALS: Implement sustainable college funding for full-time mental health professionals in the College of Ag and Life Sciences.
- North Carolina: Implement statewide mental health services for rural communities and agricultural producers

Working to Solve the Issue

- While we cannot change the external factors that are leading to farmer stress, we can begin to help producers develop health coping strategies to deal with the stress
- A \$5000 grant from the NC State University Women's Council was applied for and awarded
- The grant will be used to provide weekly drop-in counseling hours for CALS students for the Fall 2020 semester, with the hope of establishing need and having sustainable funding implemented in the future
- We will also work to destigmatize conversations surrounding mental health by hosting Lunch and Learn sessions about mental health and counseling services

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