

FARMRes

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Mental health resilience for farmers

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LEBEN



Mental Health
Ireland





Raising Awareness

About the importance of mental health for successful farming and for farmers wellbeing



Providing

To farmers, their families and farmers' consultants/associations with the tools needed to prevent, detect and aid in case of potential or ongoing mental health issues



Fostering

Sustainable economic and social development in the agricultural sector and rural areas through wellbeing and mental health.

Countries participating in the project: Finland, Ireland, Germany, Belgium and Spain

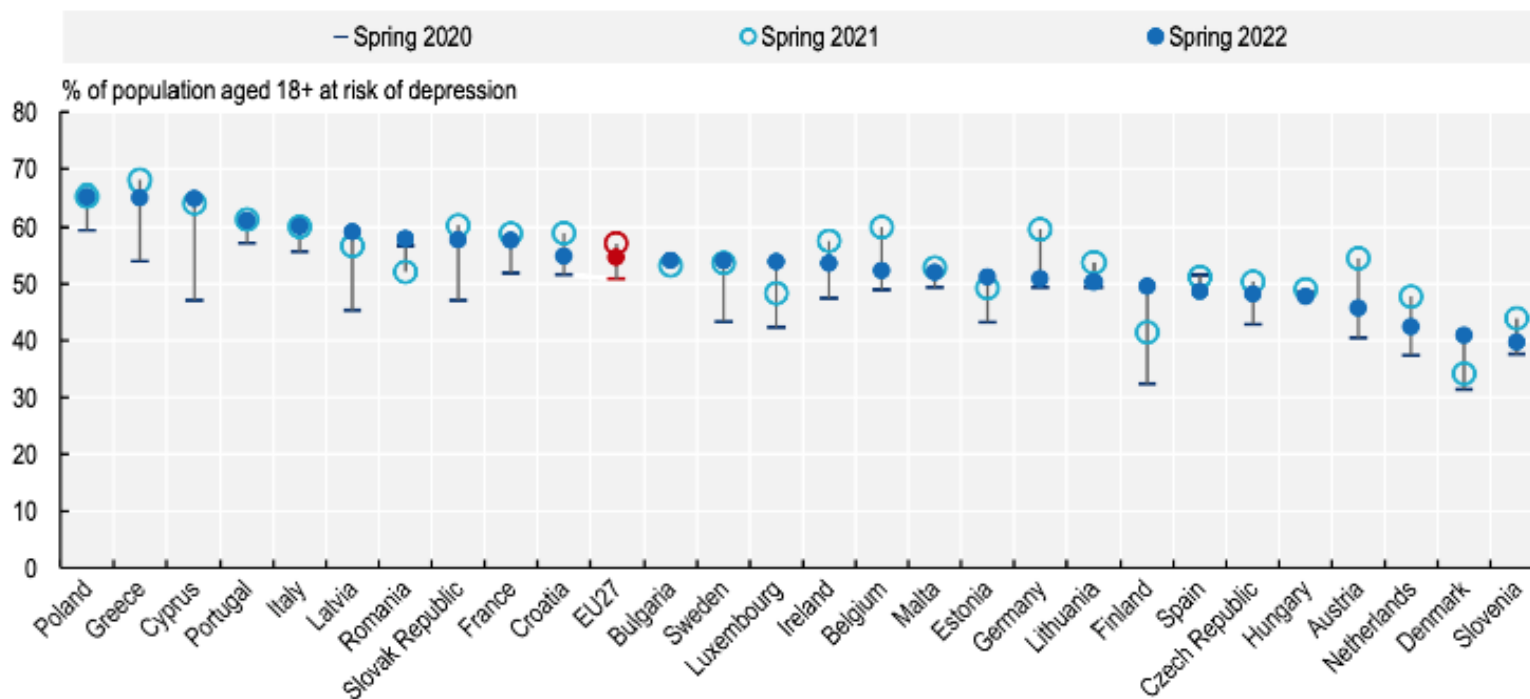


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Figure 3.13. Share of adults at risk of depression, 2020-22



Note: A risk of depression is defined as people with a WHO-5 score of less than 50 on a scale from 0-100.

Source: Eurofound's *Living, working and COVID-19 e-survey*.

StatLink  <https://stat.link/qvcu7m>

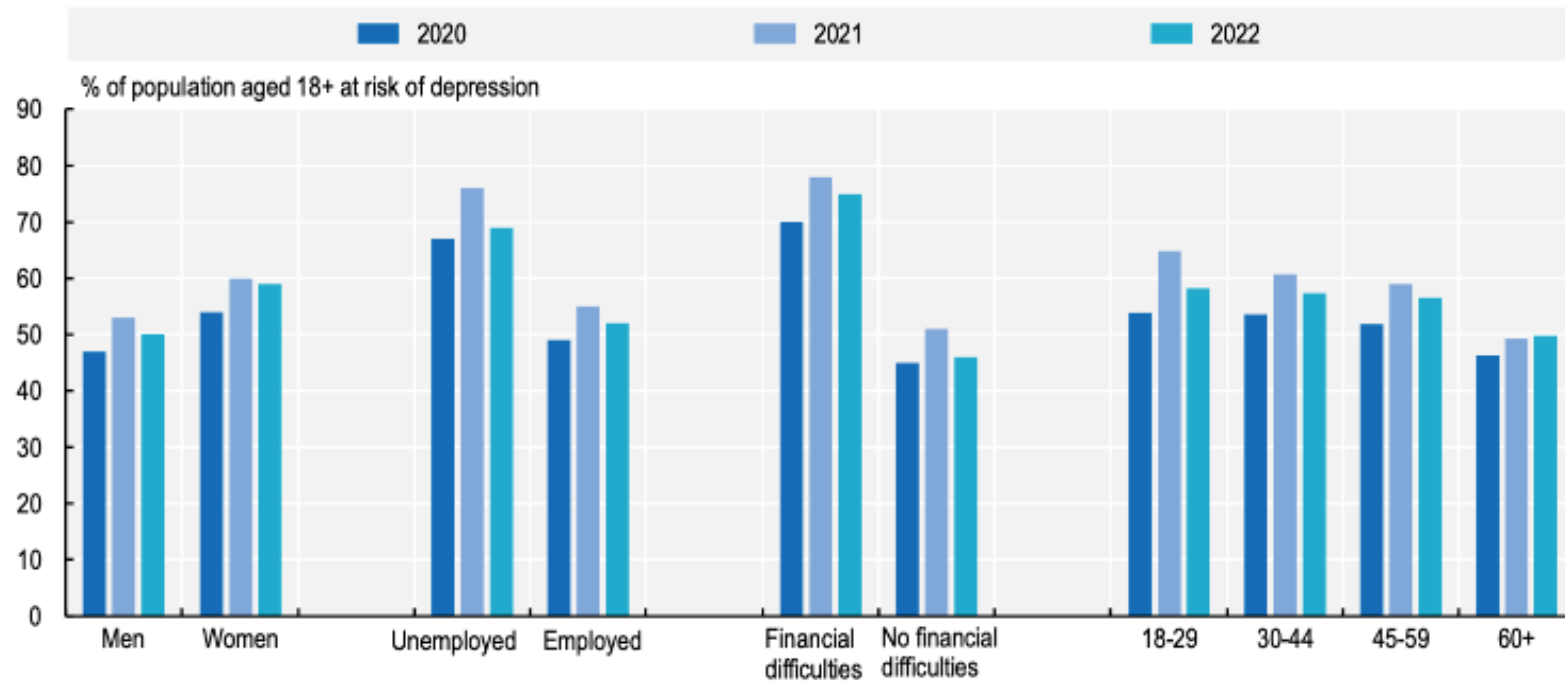


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Figure 3.14. Share of adults in the EU at risk of depression among selected groups, 2020-22



Note: A risk of depression is defined as people with a WHO-5 score of less than 50 on a scale from 0-100.

Source: Eurofound's *Living, working and COVID-19 e-survey*.

StatLink  <https://stat.link/zy645u>



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This is what we do

- Report on the mental health of farmers in the EU region (www.farmres.eu)
- A web-based tool to support the mental health resilience of farmers and to give tools for their family members and for farmers advisors



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The mental health resilience toolkit includes:

- Stories of farmers to cope with work related stress
- Instructions and support for developing your own mental health resilience for farmers
- Material aimed not only at the farmer, but also at their family members and stakeholders



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What can you do?

A lot!



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One in Four



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Be part of an understanding and supportive atmosphere



Kiitos!

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