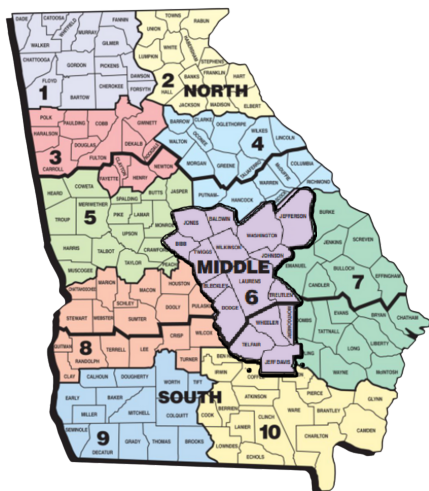


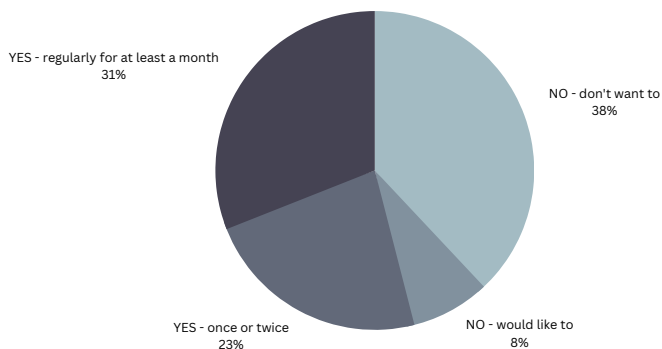
FARMER WELL-BEING

DISTRICT 6

2022 Survey Data Results: By District



MENTAL HEALTH PROFESSIONAL HELP



Top 5 resources farmers don't have access to:

- 100% - Other resources
- 90% - Telephone access to a psychiatrist
- 76% - Telephone access to routine medical care
- 73% - In-office visit to a psychiatrist
- 52% - Online access to a psychiatrist

Need to Talk?

FarmStateofMind.com



988

Suicide & Crisis Lifeline

DEMOGRAPHICS

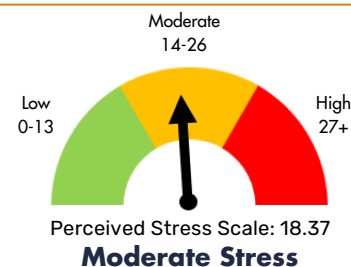
- Male: 64%
- Age: 34
- First Generation: 52%
- Household Income: \$45,000 - \$59,999
- Married: 93%
- Number of Kids: $1.67 \pm .77$
- High School: 14%
- Some College/Vocational: 59%
- College: 17%
- Number of Farms: 2.02 ± 1.29
- Size of Farms: 301-400 acres

76%
Row Crop

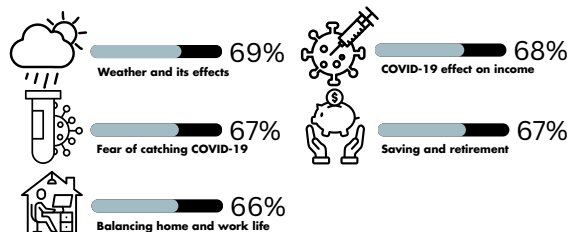
79%
Livestock

21%
Fiber

STRESS & EMOTIONS



Top 5 Stressors:



Top 5 Coping Mechanisms:

- 52% - Exercise or go for a walk
- 40% - Drinking alcohol
- 30% - Talk to family and friends
- 28% - Sleep
- 26% - Engage in a hobby

Negative Feelings*:

- 38% - Feeling lonely
- 34% - Feeling sad or depressed
- 27% - Feeling hopeless or like you will never be happy
- 11% - Thoughts of wanting to die by suicide

*At least once per month

