Mental Health

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

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

Top 5 Stressors:
- COVID-19 effect on income 68%
- Weather and its effects 69%
- Fear of catching COVID-19 67%
- Saving and retirement 66%
- Balancing home and work life 66%

Need to Talk?
FarmStateofMind.com
988 Suicide & Crisis Lifeline

Stress & Emotions

Perceived Stress Scale: 18.37
Moderate Stress

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

Demographics

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