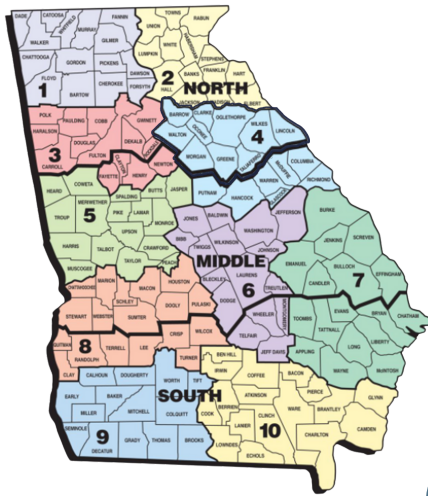


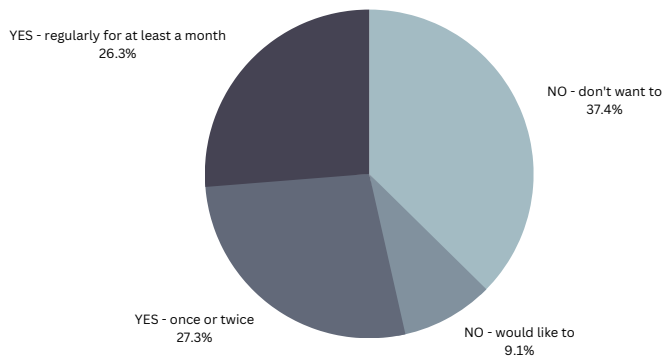
FARMER WELL-BEING

DISTRICT 4

2022 Survey Data Results: By District



MENTAL HEALTH PROFESSIONAL HELP



Top 5 resources farmers don't have access to:

- 99% - Other resources
- 92% - Telephone access to a psychiatrist
- 79% - Online access to a psychiatrist
- 75% - Telephone access to routine medical care
- 72% - In-office visit to a psychiatrist

Need to Talk?

FarmStateofMind.com



988
Suicide & Crisis Lifeline

DEMOGRAPHICS

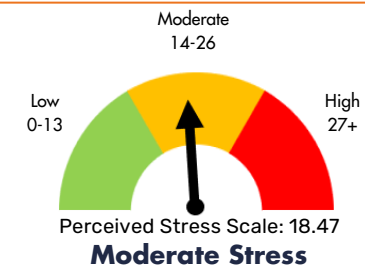
- Male: 65%
- Age: 44
- First Generation: 54%
- Household Income: \$45,000 - \$59,999
- Married: 89%
- Number of Kids: 1.45 ± .70
- High School: 17%
- Some College/Vocational: 55%
- College: 21%
- Number of Farms: 2.08 ± 1.24
- Size of Farms: 201-300 acres

71%
Row Crop

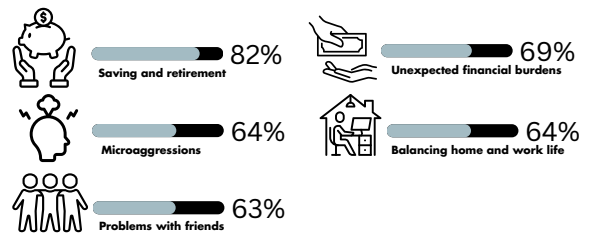
72%
Livestock

19%
Fiber

STRESS & EMOTIONS



Top 5 Stressors:



Top 5 Coping Mechanisms:

- 44% - Exercise or go for a walk
- 31% - Watch tv or read
- 30% - Sleep
- 26% - Drink alcohol
- 25% - Engage in a hobby

Negative Feelings*:

- 30% - Feeling sad or depressed
- 29% - Feeling lonely
- 28% - Feeling hopeless or like you will never be happy
- 10% - Thoughts of wanting to die by suicide

*At least once per month



To read more on the
Farmer's Mental
Well-Being Project:

