Mental Health
Professional Help

- YES - regularly for at least a month: 17%
- YES - once or twice: 31%
- NO - would like to: 7%
- NO - don't want to: 45%

Top 5 resources farmers don't have access to:
- 97% - Other resources
- 87% - Telephone access to a psychiatrist
- 80% - Online access to a psychiatrist
- 78% - Telephone access to routine medical care
- 74% - In-office visit to a psychiatrist

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

Stress & Emotions

Perceived Stress Scale: 18.08
Moderate Stress
- Low: 0-13
- Moderate: 14-26
- High: 27+

Top 5 Stressors:
- COVID-19 effect on income: 64%
- Problems parenting: 61%
- Balancing home and work life: 60%
- Saving and retirement: 58%
- Operation and training certificates: 58%

Top 5 Coping Mechanisms:
- 44% - Exercise or go for a walk
- 36% - Engage in a hobby
- 27% - Talk to family or friends
- 27% - Watch TV or read
- 26% - Drink alcohol

Negative Feelings*:
- 26% - Feeling lonely
- 26% - Feeling sad or depressed
- 24% - Feeling hopeless or like you will never be happy
- 14% - Thoughts of wanting to die by suicide

*At least once per month

Demographics

- Male: 70%
- Age: 45
- First Generation: 53%
- Household Income: $45,000 – $59,999
- Married: 93%
- Number of Kids: 1.47 ± .68
- High School: 20%
- Some College/Vocational: 49%
- College: 21%
- Number of Farms: 1.98 ± 1.14
- Size of Farms: 201-300 acres
- 72% Row Crop
- 65% Livestock
- 24% Fiber

2022 Survey Data Results: By District

District 8