**Email Template for Personal Fundraiser**

Hello \_\_\_\_\_\_\_\_\_\_,

On Nov. 30, GivingTuesday, please consider supporting my personal fundraising campaign for farmer mental health research and other programs impacting the future of agriculture in Georgia.

This is a cause that is very important to me because (this is optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For many people the holiday season is a time of gratitude, joy and celebration, but for some there is an increased sense of loneliness and isolation during this time of year. With mental illness and stress on the rise, these “holiday blues” put many of our Georgia farmers at high risk.

The National Alliance on Mental Illness reports that 64% of people with mental illness report that the holidays make their conditions worse. Join me in support of the Georgia Foundation for Agriculture’s (GFA) commitment to finding answers and effective solutions for farmers who are struggling.

Early next year, GFA will distribute a statewide mental well-being survey to collect detailed information as a part of their effort to better assist our farmers and farm workers. A recent GFA and Mercer University Rural Health Innovation Center survey found that feelings of loneliness were experienced by about half of the farmers (48.3%), sadness or depression by 49.2%, and feelings of hopelessness by 31.6%. When asked if they had suicidal thoughts, 32.1% had thought about it at least once in the past year, with 11.8% of farmers thinking about it more than once a month, 8.4% at least weekly, and 1.7% daily.

It's time to address the stigma that surrounds mental health in our agricultural communities and encourage open conversations about these challenges many farmers face.

My challenge for you is to make a donation on GivingTuesday, then send this email to 5 of your family and friends encouraging them to do the same!

Thank you for your help and support of Georgia farmers this holiday season!

Many thanks,

**NAME HERE**