

Farm Stress Statistics and Resources


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Background

Stressors such as financial issues, the weather, the economy, and social isolation can negatively impact agricultural producers. This infographic provides statistics surrounding the issue of farm stress which come from a national survey conducted by the American Farm Bureau Federation and Morning Consult. The infographic also lists resources that are available nationwide to assist farmers with their mental health and wellbeing.



Farm Stress

Potential Stressors

- Financial Issues
- Weather
- Economy
- Isolation

Farm stress can take many forms and have detrimental effects on agricultural producers. When surveyed, farmers cite financial issues (91%), the farm economy (75%), the weather (83%), and social isolation (52%) as having an impact on the mental health of their peers.¹

Available Resources

- Member Organizations
- Community Health Resources
- Call Centers and Hotlines

According to a national survey by Farm Bureau, farmers would feel comfortable discussing their mental health condition with their primary care doctor (78%), close friends (81%), and with a therapist or counselor (72%). Several types of resources are available for agricultural producers to alleviate farm stressors.¹

Help is HERE!

National Resources

- National Suicide and Crisis Hotline (988)
- Farm and Rural Stress Hotline (1-800-691-4336)
- FarmResponse Training
<https://www.agrisafe.org/courses/farm-response/>
- Farmer Resource Network
<https://farmerresourcenetwork.force.com>


¹ American Farm Bureau Federation and Morning Consult. (2019). "Rural Stress Polling Presentation". Available at: <https://www.fb.org/newsroom/>.

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Data Source: American Farm Bureau Federation and Morning Consult. (2019). "Rural Stress Polling Presentation." Available at: <https://fb.org/newsroom/>.

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