

# Farmer Mental Health

- 23.4% of farmers considered at-risk for suicide.
- 55.5% of farmers experience moderate to extremely severe depression.
- 44.1% of farmers experience moderate to extremely severe anxiety.
- 37.9% of farmers experience moderate to extremely severe stress.
- Among farmers, psychological skills are associated with lesser suicidal ideation & lesser distress.
- Evidence based culturally competent interventions in help seeking, prevention, early intervention and recovery need consideration

Structural issues:  
– must involve farmers voice in policy change

## Top three stressors:

- Government policies designed to reduce climate change
- Outsiders not understanding farming
- Concern over the future of the farm

\*results from study in Irish Context (Stapleton, Russell, Markey & McHugh, 2023)



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