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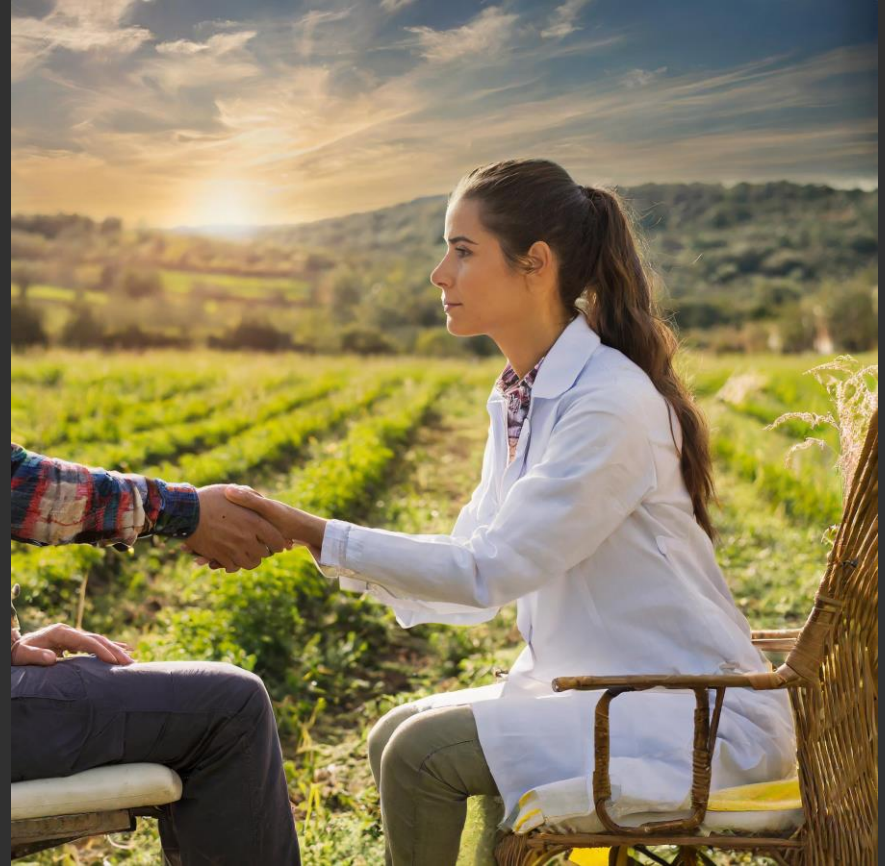
Extension

FARM STRESS TEAM



2025 IHCP Works Annual Seminar

- ❖ Overview of Purdue Farm Stress Team
- ❖ Indiana Agriculture
- ❖ Farm Stressors
- ❖ Barriers and Stigma
- ❖ How You Can Help



Purdue Farm Stress Team

The Purdue Farm Stress Team is dedicated to supporting the mental health and well-being of farmers, farm families, and agribusinesses and reducing mental health stigma in our communities through various services and resources. Our team of experts work tirelessly to address the unique challenges faced by those in the farming industry.



Purpose and Goals of the Team

Empowerment

We aim to empower farmers, farm families, and agribusinesses by providing them with the tools and knowledge necessary to manage stress and improve their overall mental health.

Educational Workshops

Conducting workshops and training programs to increase awareness and equip farmers with effective coping strategies. In addition, we provide training and programming for health professionals on the unique needs and challenges of the farming community.

Research and Advocacy

Engaging in multi-state research to better understand the specific stressors in farming and advocating for supportive policies and programs.



Indiana Agriculture

- 96% of Indiana Farms are family owned
- Farming as an Identity
 - Generational
 - Caretaker
 - Responsibility



The Agrarian Imperative



“...impels farmers to hang onto their land at all costs. The agrarian imperative instills farmers to work incredibly hard, to endure unusual pain and hardship, and to take uncommon risks.”

(Rosmann, 2010, p. 72)

“The land means everything to farmers. . . .

Losing the family farm is the ultimate loss. . . .”

(Rosmann, 2008, p. 39)

Common Sources of Stress in Farming

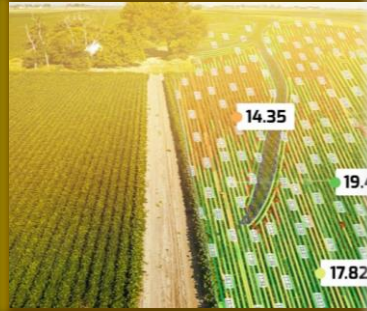
Weather



Large Debt Loads



Crop Yield



Machinery Breakdown



High Interest Rates



Government Regulations



Livestock Illnesses



Commodity Prices



Disagreements with Family Members



MEMORIAL DAY



LABOR DAY



THANKSGIVING



**NO PAID TIME
OFF**

**NEED A CREW
TO COVER**

**OFTEN TAKING
PHONE CALLS**

**DEPENDENT
ON SEASON**

**FAMILY ARE YOUR
CO-WORKERS**



Impact of Stress on Farmers' Mental Health

72%

High Stress Levels

Statistics show that 72% of farmers experience high levels of stress due to various factors in their profession

1 in 3

Depression

Approximately 1 in 3 farmers report experiencing symptoms of depression caused by ongoing stress and pressure

Suicide and Farmers

Mental Health Condition

54% of rural Americans who died by suicide between 1999 and 2016 did not have a known mental health condition

Age

45% of farmer and rancher suicides in the past 15 years were people aged 65 and older

Ideation vs. Attempt

15% of farmers in a study had suicidal ideation and 8% had a suicide attempt

Marital Status

43% of farmers who completed suicide were married



Potential Lethal Means

- Heights
- Moving Parts
- Weight
- Chemicals
- Firearms
- Livestock





Barriers to Treatment

- Shortage of Providers
- Stigma & Pride
- Instability at Work
- Insurance Coverage
- Location – “The Red Truck”



What Could Providers Change

- **Learn the Culture & Language**
- **Bring Up Mental Health First**
- **Connect Physical and Mental Health**
 - Farmers think scientifically
- **Access to Care & Resources**
(https://extension.purdue.edu/farm_stress/index.html)



Additional Ways Providers Could Change

- **Think Outside of the Box**
- **Learn the Red Flags**
- **Educate Your Staff**

(https://extension.purdue.edu/farm_stress/health-professionals.html)

- **Crisis Call Center Training Program**
- **Understanding Farm Culture and Farm Family Dynamics**



Suicide Statements to Listen For

Coded to son: “Don’t be surprised if I die in a tractor rollover.”

Clear to banker: “If you foreclose, you’ll be seeing my obit next week.”

Coded to friend: “If I should pass away, I want you to have my old Winchester 12-gauge.”

Coded to financial advisor/loan officer: “What happens to my debt if I die?”

To doctor: “Is this enough medicine to kill someone?” (indirect/coded).

To dentist: “When I can’t sleep like this, I don’t give a _____ about life.”
(indirect/coded)

Compliments of the QPR Institute (Question, Persuade, Refer [QPR] for Farmers and Ranchers)

Questions to Ask Instead

| Common Questions Asked | Ask Instead |
|--|---|
| How are you doing today? | I know we had a lot of rain last week, how are your crops looking after that? |
| How have things been going? | Hey, I noticed you weren't at the football game Friday night and Johnny seemed distracted while playing. Have you noticed anything different around home? |
| Anything new that I should know about? | I've been hearing in the news about the Screwworm in cattle they are watching for? Are you concerned about this at all? |



Strategies for Reducing Stigma and Increasing Awareness

1 Education Programs

Implementing mental health education programs tailored to farming communities to raise awareness and reduce stigma.

3 Training for Professionals

Providing mental health training for agricultural professionals to recognize and address mental health concerns among farmers.

2 Outreach Initiatives

Developing outreach initiatives to connect farmers with mental health professionals and support services.

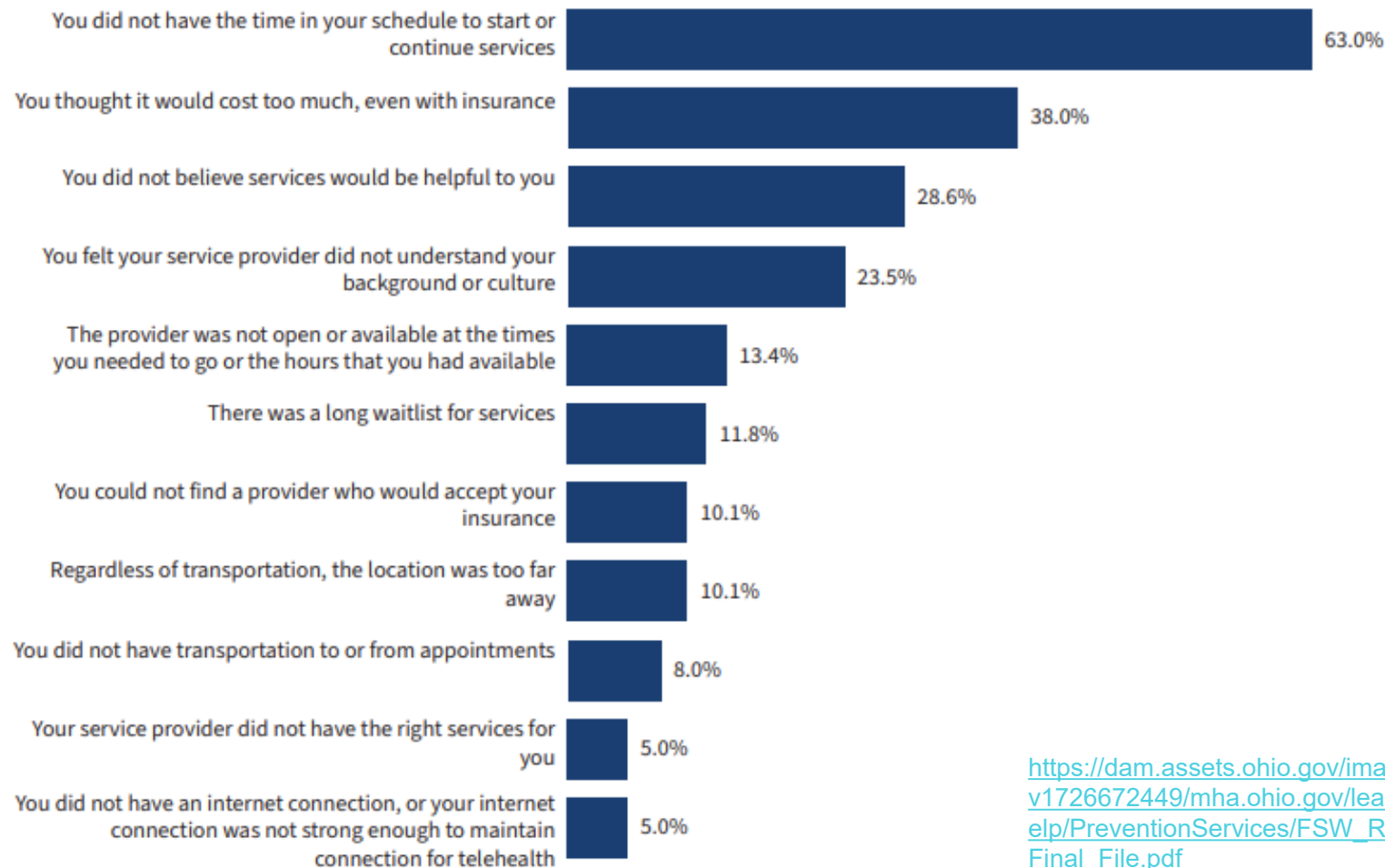


Reducing Stigma

- Tractor Companions
- Be where the farmers are
- Offer items that are small and can fit into pockets
- Be mindful of the “fix it” mentality
- Be mindful of pictures representing the farming community
- Farm wives/partners are typically your first line of contact



Reasons Respondents Did Not Receive Services



https://dam.assets.ohio.gov/image/upload/v1726672449/mha.ohio.gov/learnandfindhelp/PreventionServices/FSW_Report-Final_File.pdf

Collaborating with Mental Health Professionals and Agricultural Organizations

Integrated Services

Creating partnerships between mental health professionals and agricultural organizations to ensure comprehensive support for farmers.

Support Networks

Establishing networks that bring together mental health experts and farming community leaders to address mental health challenges.

Resource Sharing

Sharing knowledge and resources between mental health professionals and agricultural organizations for the benefit of farmers.

Success Stories and Testimonials



“I learned to pay more attention to how stress can affect my body, as well as how to take a negative thought and turn it in to a positive (self-talk).”

“I’ve experienced a better understanding of the impact that stress has on our bodies, and I am much more confident in communicating with someone who is experiencing stress.”

Questions?

**Does anyone have scenarios in
which they have treated
farmers?**

**How was that different from
other patients?**





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For questions or more information, please contact:



Elysia Rodgers

ANR Educator - DeKalb County

eberry@purdue.edu

(260) 925-2562



Shannon Chipman

4-H & HHS Educator - Ohio County

chipmans@purdue.edu

(812) 438-3656



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Thank you for attending!

By taking a few moments to complete the event and session evaluations, you help us understand your experience and shape the future of our programs.

