



Supporting the Mental Health of Farmers

Friday, November 6th, 2020

8:30am-4:30pm

Johnson County ISU Extension and Outreach

3100 Old Highway 218 S., Iowa City IA

Virtual/online option also available

Sponsored by the Iowa Peer Support & Family Peer Support Training Program

This continuing education event is designed for Peer Support Specialists and other mental health providers.

Participants will learn:

- About the unique stress of farmers
- The impact of this stress on their mental health
- How to effectively support farmers as part of their practice.

Continuing Education (CEU) credits will be available.

Session Topics will include:

- Historic trends and current challenges associated with Midwestern agricultural production
- Stress management in the farming community
- Providing mental health support to farmers
- What farmers wish mental health providers would know
- Connecting with farmers
- The use of Peer Support to serve farmers and connect them with community-based resources

“Throughout their lives, farmers have been resilient when confronting changing weather, markets, and government policies. Likewise, farmers and their families have the skills, intelligence and resources to weather changes in their physical and mental abilities.”

Journey Forward: A Resource Guide for Iowa’s Farmers with Disabilities, Disabilities Rights Iowa.



IOWA STATE UNIVERSITY
Extension and Outreach