



## Mental Health Wellness & Training

### Beneficial Categories



#### Background

Adopting best management practices alone is not enough if the people involved in caring for the cattle are in poor health. On-farm health and safety is arguably one of the most important best management practices. Even in a good year, farmers and ranchers deal with a lot of uncertainty and coping with stress can be difficult. Fortunately, the importance of mental health in agriculture has been increasingly promoted in recent years. The stigma around mental health support is shrinking, and resources are becoming more widely available. Online support and phone and text lines are available 24 hours a day, seven days a week, 365 days a year. There is training available, similar to first-aid training, to help people recognize others who may be going through a mental health crisis and provide them with support. Organizations such as the [Do More Agriculture Foundation](#) are championing for the mental health and wellbeing of those in Canadian agriculture and helping change the culture to ensure that everyone is encouraged, supported and empowered to take care of their mental health and wellbeing.

#### Access to Mental Health Supports

If you or someone you know needs support, these national organizations are available 24/7. If you are in crisis and need immediate support, visit your local emergency department or call 911.

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Crisis Services Canada  
Call: 1-833-456-4566  
Text: 45645  
<https://talksuicide.ca>

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Mental Health Line  
Call: 211  
[www.211.ca](http://www.211.ca)

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Kids Help Phone  
Call: 1-800-66-6868

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First Nations & Inuit Hope for Wellness  
Call: 1-855-242-3310

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Mental Health Commission of Canada  
<http://www.mentalhealthcommission.ca>

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Canadian Association for Suicide Prevention  
<http://www.suicideprevention.ca>

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For a full list of provincial/territorial crisis lines and support contacts, visit the [Do More Agriculture Foundation website](#).

## **Mental Health Training and Resources Available Nationally**

### *Do More Agriculture Foundation*

If you would like to learn more about mental health, access training and help those around you, Do More Agriculture Foundation has a half-day workshop called Talk, Ask, Listen that is available to bring to your company or community. For more information or to request a workshop, [visit their website](#).

The Do More Agriculture Foundation also offers a two-day 12-hour [Mental Health First Aid \(MHFA\) course](#). This course helps participants recognize the signs and symptoms of mental health problems, guidance for providing initial help, and how to guide a person towards appropriate professional help. Similar to traditional first aid training, it is invaluable for at least one member of an operation to have MHFA training. Please note that this course is only offered through the [Community Fund](#). [Visit the website](#) for more information on the community fund and upcoming communities and dates for the MHFA course.

### *Mental Health Commission of Canada*

The Mental Health Commission of Canada also offers Mental Health First Aid training. The cost for this training varies from \$0–150. They offer in-person and virtual sessions. You can look up the course offerings [on their website](#). In addition, they offer a virtual program called The Working Mind with sessions for employees, managers and first responders. This program is designed to promote mental health and reduce the stigma around mental illness in the workplace. Learn more about the course and session times [on their website](#).

### *Living works*

Living Works offers three training programs to help recognize signs of suicide and recommends appropriate action. Each course gets more in-depth, but the first course, LivingWorks Start, is a 90-minute online training course. To learn more and sign up, [visit their website](#).

## **Mental Health Support on your Operation**

One way to provide mental health support on your operation is to list the contact information for local and national mental health support services where other emergency contacts are posted. Do More Agriculture Foundation also has [downloadable resources](#) available. It is important and beneficial to provide a safe space to talk about mental health and allow an open dialogue both on the farm or ranch and at home.

## **Agriculture Focused Mental Health Support Resources - Province Specific**

Alberta: [AgKnow](#)

British Columbia: [AgSafe BC](#)

Manitoba: [Farmer Wellness Program](#)

Nova Scotia: [We Talk We Grow](#)

Ontario: [Farmer Wellness Initiative](#)

Prince Edward Island: [FarmersTalk](#)

Quebec: [UPA Farmer Assistance Program/ Programme d'aide aux agriculteurs \(PAPA\)](#)

Saskatchewan: [Farm Stress Line](#)

**For more information on mental health resources and support, visit the links below:**

[Do More Agriculture Foundation](#)

[Government of Canada – Mental Health in Agriculture](#)

[Mental Health Commission of Canada](#)

[Canadian Association for Suicide Prevention](#)

[LivingWorks](#)

[Government of Canada – Mental Health and Wellness](#)

[Wellness Together Canada](#)