

Rural Mental Health



Part 1: Perspectives From the Farm

Featuring: Marshall Sewell and Dr. Anna Scheyett

Main Ideas

- The stigma associated with stress and mental health within rural communities is a barrier to mental health education and intervention.
- Agriculture is a demanding industry with highs and lows which can negatively impact a farmer's mental health.
- Stressors such as weather, finances, commodity prices, and chronic pain can contribute to a decline in mental health among farmers.
- Self-care and a healthy mindset are important for controlling stress.

Discussion Questions

1. How can you promote having open discussions about mental health?
2. What resources are necessary to protect mental health in rural communities?
3. How can you adopt a healthy mindset related to stress management and prevention?
4. What are some examples of mental health warning signs? If you notice these warning signs, how can you take action to help someone in need?

Tips from the Speaker

1. One's struggles with mental health do not determine a person's value or success.
2. Asking about a person's well-being and discussing difficult topics can save a life.
3. Become educated on warning signs of suicidal behavior, ask the at-risk individual if they have had thoughts of self-harm, and report it to emergency services.

Other Resources

National Suicide Hotline
1-800-273-8255

<https://suicidepreventionlifeline.org>

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Rural Mental Health

Part 2: Aftermath of Natural Disasters



Featuring: Dr. Angie Lindsey

Main Ideas

- The Extension Disaster Education Network (EDEN) identifies needs and develops resources for communities during disasters.
- EDEN organizes disaster mental health workshops and mental health first aid programs for communities.
- There is a stigma around seeking help, going to shelters, and receiving aid during disasters.

Discussion Questions

1. Why are organizations like EDEN necessary when dealing with disasters?
2. Why is it beneficial to collaborate during disasters rather than work independently?
3. How can community programs raise awareness and increase public education?
4. How can we normalize asking for help during a time of crisis?

Tips from the Speaker

1. During times of crisis, communities must collaborate in order to find solutions.
2. Community programs are a good way to provide educational outreach to people in need.
3. Ask for help when necessary. There is no shame in asking for help.

Other Resources

extensiondisaster.net

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