



Happy Harvest



Being a Minnesota Farmer certainly comes with its challenges. Obstacles such as the ever changing weather, labor shortages, and market shifts lead to overwhelming economic uncertainty. In many ways farmers are the backbone of our country with providing crops and livestock for our consumption. With what seems like the weight of the world on their backs, farmers face more mental health challenges than the average profession. With the ups and downs of farming, natural stress that typically comes with this job can quickly grow into anxiety and even depression that feels unmanageable.

Covid placed an even greater strain on already stressed agricultural professions. We are still feeling the effects of the covid-19 pandemic having shut down food processing plants, interrupting work productivity, reducing available labor, and creating challenges for the already ever changing market. Not to mention having to socially distance from friends and family who provide emotional support in hard times. We are slowly returning to normal, but the challenges the pandemic created will affect us for years to come.

There are common symptoms of anxiety and depression that you can be looking for in order to get help for yourself or someone you know. Symptoms of depression can be overwhelming feelings of hopelessness or dread, loss of interest in hobbies or activities, change in sleep patterns such as oversleeping or having trouble sleeping, or thoughts of suicide. Anxiety symptoms look more like feelings of panic or restlessness, increased heart rate, difficulty focusing, digestion problems, and insomnia. In more extreme anxiety cases panic attacks can occur causing symptoms such as shortness of breath, heart palpitations, shaking, and nausea.

In times like these, it is important to take action right away. You are not alone. There are plenty of resources available to you through Kittson Healthcare & Kittson Healthcare Public Health. {List Resources}

If you or someone you know is having thoughts of suicide, please call the Suicide and Crisis Hotline at 988 or call 911.

National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Farmer Hotline at 1-800-FARM-AID (1-800-327-6243)

{Resources Listed}

[AGM-FS4-Challenges-FINAL.pdf \(farmandfoodmn.org\)](#)

[It's Time to Talk About Farmer Mental Health | Corteva Agriscience™](#)