

Yielding Mental Health on the Farm

Producing the most important assets on your farms... YOU and YOUR FARMING COMMUNITY!

- Build awareness about potentially stressful conditions affecting some farmers.
- Starting conversations to destigmatize mental health
- Understand and respect farming as an identity
- Learn techniques for identifying / working with farmers/farm families who may struggle to cope.
- Learn stress triggers, identify signs of stress and review helpful techniques for responding.
- Learn where to go for additional help
- Be a part of a community who supports the most important assets on our farms

Monday, Dec. 20
10AM - 12 PM

Register by December 13th by calling the
Whitley Co. Extension at
260-244-7615

Presenters:

Kelly Heckaman, ANR & Angela Sorg, HHS

Location:

Purdue Extension - Whitley County
524 Branch Court, Columbia City, IN 46725



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Tools for Today's Farmer

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