



Manitoba

FARMER WELLNESS PROGRAM
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NEW PROGRAM FOCUSED ON FARMER MENTAL HEALTH SERVICES IN MANITOBA
Manitoba Farmer Wellness Program will provide six one on one counselling sessions for farmers and their families

FOR IMMEDIATE RELEASE

Tuesday, January 18, 2022 (LA SALLE, MB) – Manitoba Farmer Wellness Program, a new initiative aimed at providing mental health support for farmers and their families, was announced today in Manitoba. The agriculture industry is inherently stressful and overwhelming at times; the Manitoba Farmer Wellness Program has been designed to provide one on one counselling sessions by professional counselors with a background in agriculture to farmers and their families.

“Farmers have a demanding lifestyle, and stigma remains a barrier for some to reach out for help,” says Gerry Friesen MFWP Board member “The Manitoba Farmer Wellness Program has been created to address the identified gap in availability of one on one counselling services for farmers, whatever stage of the journey they are at. There is no farm without the farmer.”

Farmers and their immediate family members can access six free, confidential (one hour) counselling sessions with a registered and skilled counsellor with a background in agriculture, funded by the Manitoba Farmer Wellness Program. The services are available during the day, evenings or on weekends to accommodate farmers’ unique schedules, and can be in person, by telephone or video chat depending on the farmer’s preference. Appointments will be available beginning in March, 2022.

The program is in the final stages of development and is looking for support on behalf of farmers in our province. “Any group or individual who works with farmers and is interested in financially supporting the Manitoba Farmer Wellness Program should contact us,” explains Roberta Galbraith MFWF Vice-Chair. “We are working collaboratively with the agriculture community in our province to bring this program to fruition for the health and wellness of the industry.”

If you are interested in booking an appointment with a counsellor, donating, applying to work with us as a counsellor, or learning more about the program, visit manitobafarmerwellness.ca.

About Manitoba Farmer Wellness Program

The Manitoba Farmer Wellness Program is a non-profit organization established October 26th, 2021 and is led by a working board of directors. The Manitoba Farmer Wellness Program exists to provide one on one counselling sessions by professional counselors with backgrounds in agriculture to farmers and their families seeking mental health services. For more information, visit manitobafarmerwellness.ca.

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