



Scan for more information! ↑

Farmers Mental Health Matters

The agriculture industry is stressful and overwhelming at times.

The Manitoba Farmer Wellness Program is an initiative aimed at providing mental health support for farmers, their families and employees. It has been designed to provide one on one, no cost, confidential counseling sessions by professional counselors with a background in agriculture



Manitoba

FARMER WELLNESS PROGRAM

Growing • in • hope

Why it's important we talk:

As stress builds:

- expectations for us and for others increase
- coping mechanisms are not healthy
- it leads to strained relationships
- making mistakes in business
- distractions that can cause serious injuries



Reaching out can:

- help in better coping skills
- keep us safer
- improve relationships
- better management decisions
- decrease conflicts

“Without the Farmer, there is no Farm”

For further information or to book an appointment visit: www.manitobafarmerwellness.ca



@mfarmerwellness



Manitoba_farmer_wellness



Manitoba Farmer Wellness Program