

Boots on the Ground



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Mental health awareness training for those
talking with farmers and farm families.



Agri-sector mental health awareness training specifically designed for those dealing directly with farm families to include:

- **Understanding mental health and the factors causing stress within the farming community**
- **Recognising signs of poor mental health including anxiety, depression and suicidal tendencies**
- **Knowing how to engage supportively with someone experiencing stress**
- **Knowing the sources of help available and how to access these**
- **Increasing awareness of employee's wellbeing and being able to apply self-care tools**

‘This was the best presentation I have attended of this nature - the content was thought-provoking but also gave clear direction as to what to do in critical situations. It was delivered in a sensitive practical manner and I would certainly recommend it to any organization – time well spent - thank you!’

For more information contact the Farm Support Team:

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or telephone - 028 8676 0040



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