



University of Idaho
Extension

FARM STRESS MENTAL HEALTH COMMUNITY PROJECT

PURPOSE

**WORK WITH RURAL COMMUNITIES
IN IDAHO TO IMPROVE THEIR
RESPONSE TO MENTAL HEALTH.**



MISSION

**TO BRING AWARENESS TO THE
ISSUES SURROUNDING MENTAL
HEALTH AND BREAKDOWN
STIGMAS.**

RESOURCES

WESTERN REGIONAL AGRICULTURAL STRESS ASSISTANCE PROGRAM (WRASAP)

- **\$200,317**

UNIVERSITY OF IDAHO EXTENSION

- **7 EXTENSION PERSONNEL**

IMPACT

- **17 COMMUNITIES**
- **80 MEETINGS**
- **233 VOLUNTEERS**

WHAT WE FOUND OUT

WE STILL HAVE A LONG WAY TO GO.

MAIN CONCERNS

- **NEED TO REBUILD COMMUNITY CONNECTIONS**
- **CONCERN FOR THE YOUTH**
- **FARMERS AND RANCHERS**
- **THE ELDERLY**

COMMUNITY ACTION PLANS



- **EDEN AND HAZELTON**
- **CAMBRIDGE**
- **WEISER**
- **RIGBY**

CONTINUING THE WORK

- **KEEPING THE CONVERSATION GOING.**
- **FINDING AND SHARING RESOURCES.**
- **PRODUCE 4 SHORT VIDEOS ON THE TOPIC OF FARM STRESS.**



QUESTIONS?