



Euroopa Maaelu Arengu
Põllumajandusfond:
Euroopa investeeringud
maapiirkondadesse



Farmers mental health

Insights form Finland and EU

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Farmers Assistance Resources for Mental Resilience. European NGOs. Project N°: 101049292

Buiding up a holistic model for farmers

- The action started in 2012 as a LEADER project of the local MTK association MTK-Vammala and the local church in Sastamala
 - project to improve the well-being of farmers at work 2012-2014
- MTK-Satakunta – Building up a working model
 - Extra energy for the Farmers 2013-2015
 - Extra energy for the Farmers II 2015-2019
 - Extra energy for the Farmers to Changes 2019-2022
- Farmers' Social Insurance Institution (Mela)
 - Support the Farmer 2017-
 - 2025 → the working model will become mandatory by law

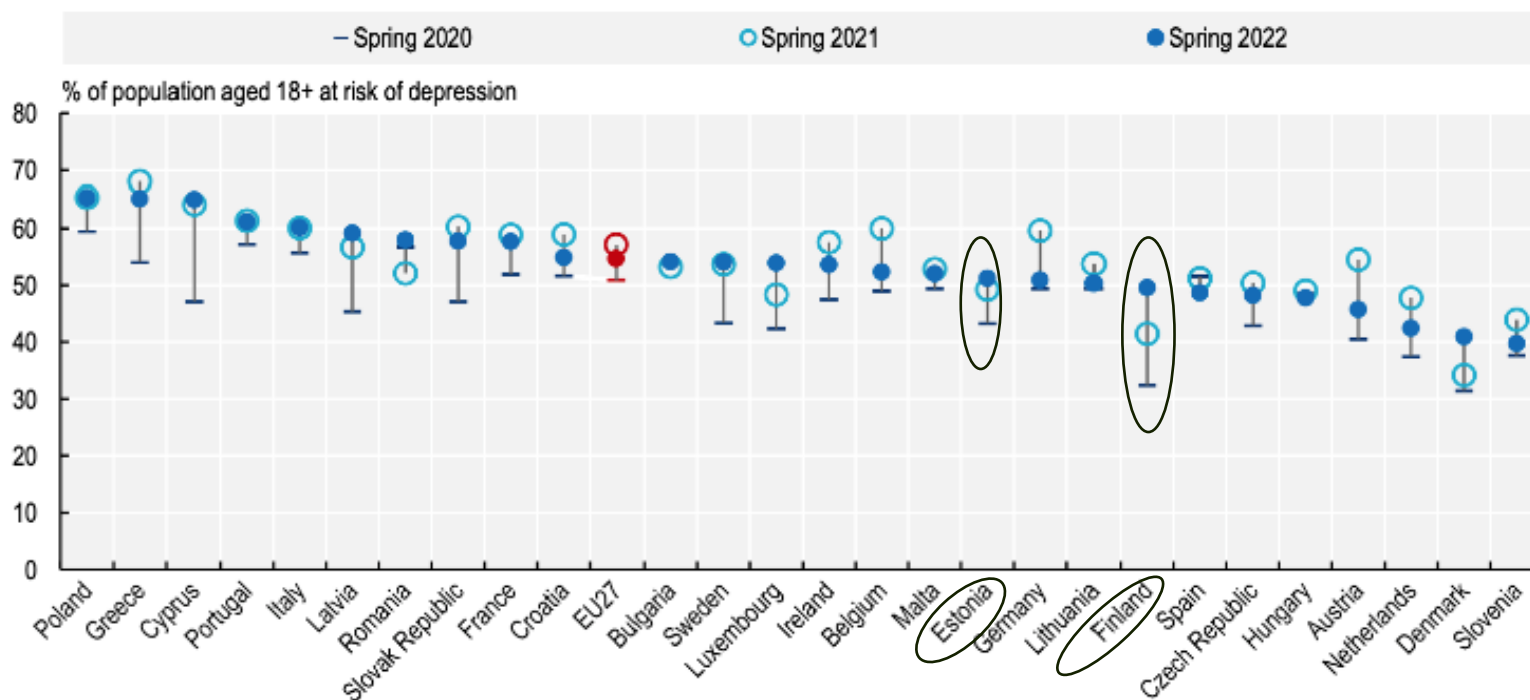


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Figure 3.13. Share of adults at risk of depression, 2020-22



Note: A risk of depression is defined as people with a WHO-5 score of less than 50 on a scale from 0-100.

Source: Eurofound's *Living, working and COVID-19 e-survey*.

StatLink  <https://stat.link/qvcu7m>

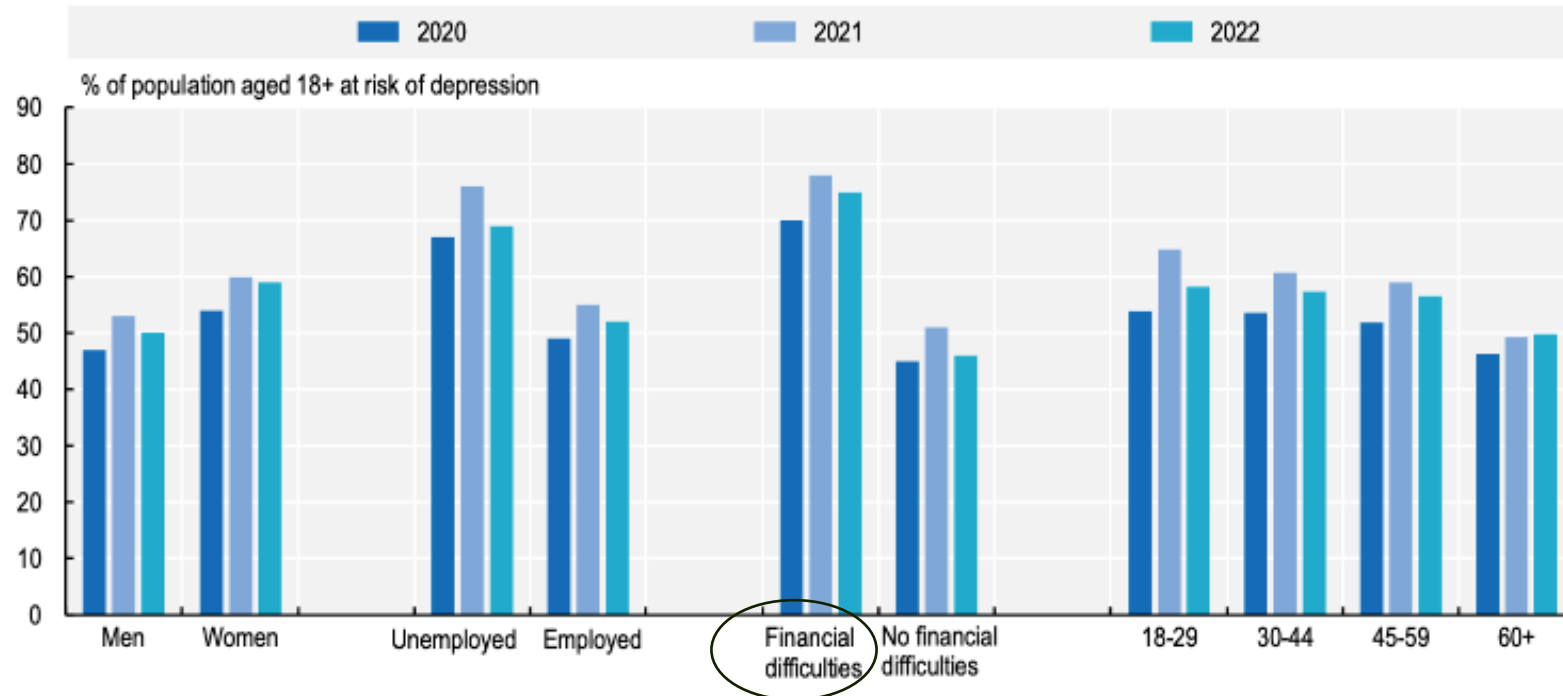


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Figure 3.14. Share of adults in the EU at risk of depression among selected groups, 2020-22



Note: A risk of depression is defined as people with a WHO-5 score of less than 50 on a scale from 0-100.

Source: Eurofound's *Living, working and COVID-19 e-survey*.

StatLink  <https://stat.link/zy645u>



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We all have mental health

- Mental health is as integral a part of a person as physical health. Sometimes things go better, sometimes worse
- If most of the time it feels like things are going poorly, you should ask for help
- Remember, there is always someone, who can help



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Five ways to wellbeing

Connect: Talk and listen, get involved

Be Active: Move, do what you enjoy

Take Notice: Notice the little things that bring you joy

Keep Learning: See opportunities, surprise yourself

Give: Give to others, but also to yourself. Time, presence, and understanding.



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Mental Health
Ireland



The mental health resilience toolkit

- Stories of farmers to cope with work related stress
- Instructions and support for developing your own mental health resilience for farmers
- Material aimed not only at the farmer, but also at their family members and stakeholders

app.farmres.eu

(In English, Finnish, German and Spanish)



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Kiitos!

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