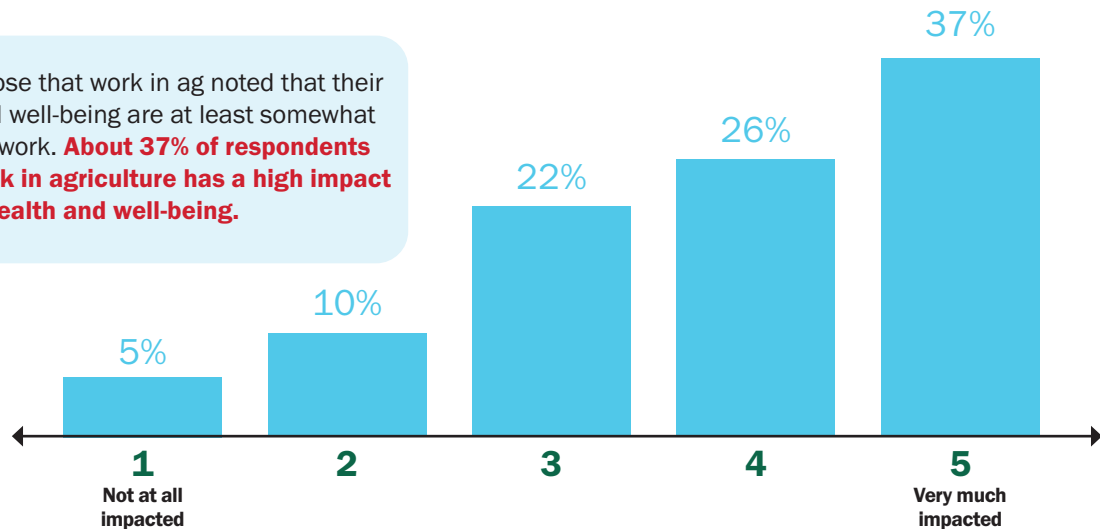


Farming and Mental Health

The Impact of Farming on Mental Health

The majority of those that work in ag noted that their mental health and well-being are at least somewhat impacted by their work. **About 37% of respondents reported that work in agriculture has a high impact on their mental health and well-being.**



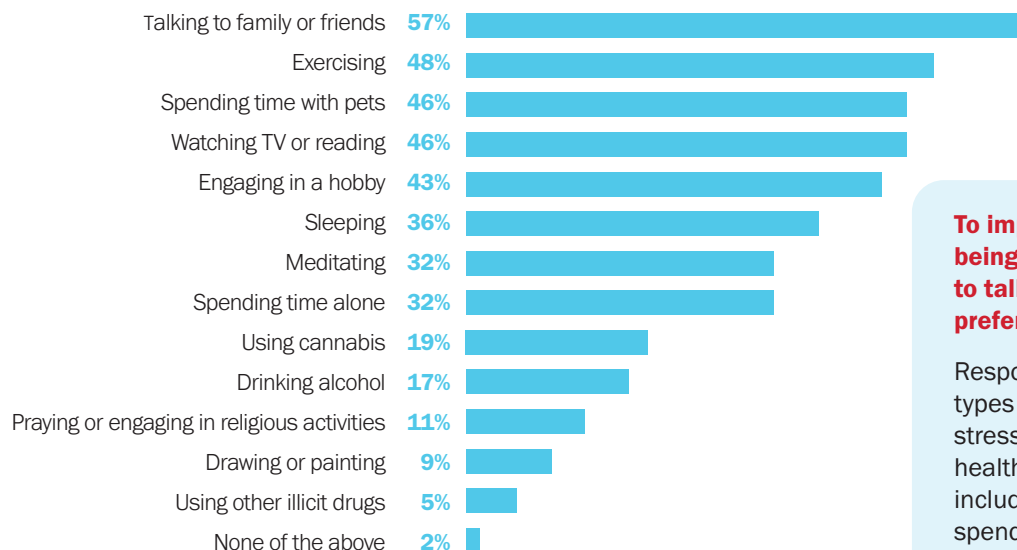
Influences on Mental Health and Well-Being



Almost all respondents report that there are external factors that influence their mental health and well-being.

59% of them responded weather and other forces which are out of control factors, have most impact. About 53% said influence of long hours and stress of work-life balance are also significant external factors.

Ways to Manage Stress and Improve Mental Health and Well-being



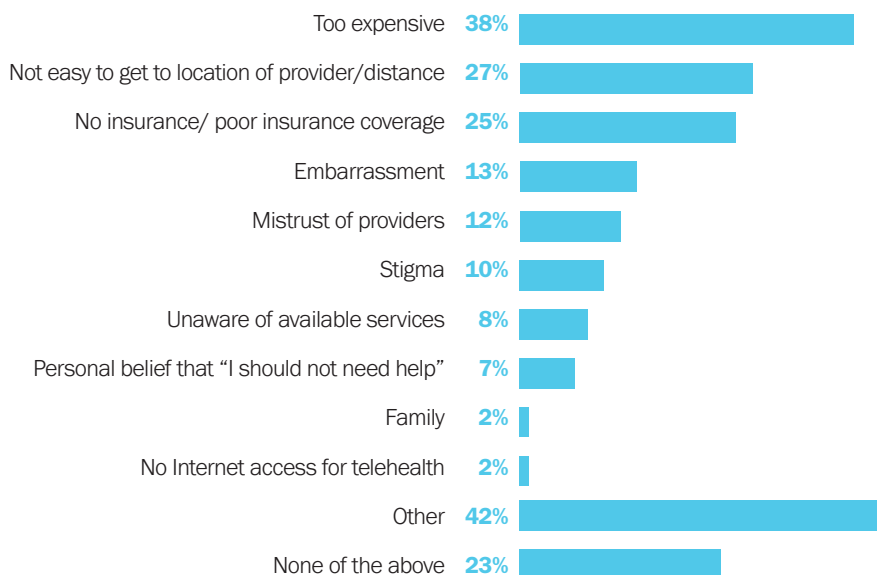
To improve mental health and well-being, 57% of respondents prefer to talk to friends or family and 48% prefer exercise

Respondents reported different types of activities to manage their stress and improve their mental health and well-being. The list includes watching TV, reading, spending time with pets, engaging in hobbies, sleeping, having alone time, meditation and other activities.

Barriers to Accessing Mental Health and Wellness Services

The respondents reported the main barriers to accessing resources are **expensive services (38%), difficult to reach providers due to distance or location (27%) and no/poor insurance coverage (25%)**.

About **42% of respondents stated other barriers** including: it is hard to find available providers/ those in network, they want to find someone who understands them, need of childcare, lack of LGBTQIA+ support, and lack of free time.



Resources

Visit www.mass.gov/massgrownwellness

