



Farmer Resiliency Project

Working to Eliminate Farmer Suicides in Southwestern Wisconsin

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Farmers at risk?





Facts

- In Wisconsin there were 926 recorded suicides in 2018
- Rural counties had significantly higher suicide rates (15.8/100,000) than urban/suburban counties (14/100,000)
- Men ages 45-54 have the highest rates of suicides (30/100,000 per year)
- Nationally the farmer suicide rate is 2 ½ times that of the general population.



Farmers & Suicide Risk Factors

- Farmer-specific risk factors include:
 - Solitary work, a reluctance to seek assistance, and lack of access to mental health providers
 - Farming is physically demanding and dangerous
 - Farmers lack control over many aspects of their work (weather, trade policy, milk prices)
 - Exposure to organochlorides increases risk of depression
 - Ready access to and comfort using firearms
 - Unpredictable financial loss, rather than low income per se, is linked to the rate of farmer suicides
 - U.S. net farm incomes have declined 50% since 2013
 - WI has led the nation in farm bankruptcies for the past 3 years
 - WI has lost 49% of its dairy farms in the past 15 years
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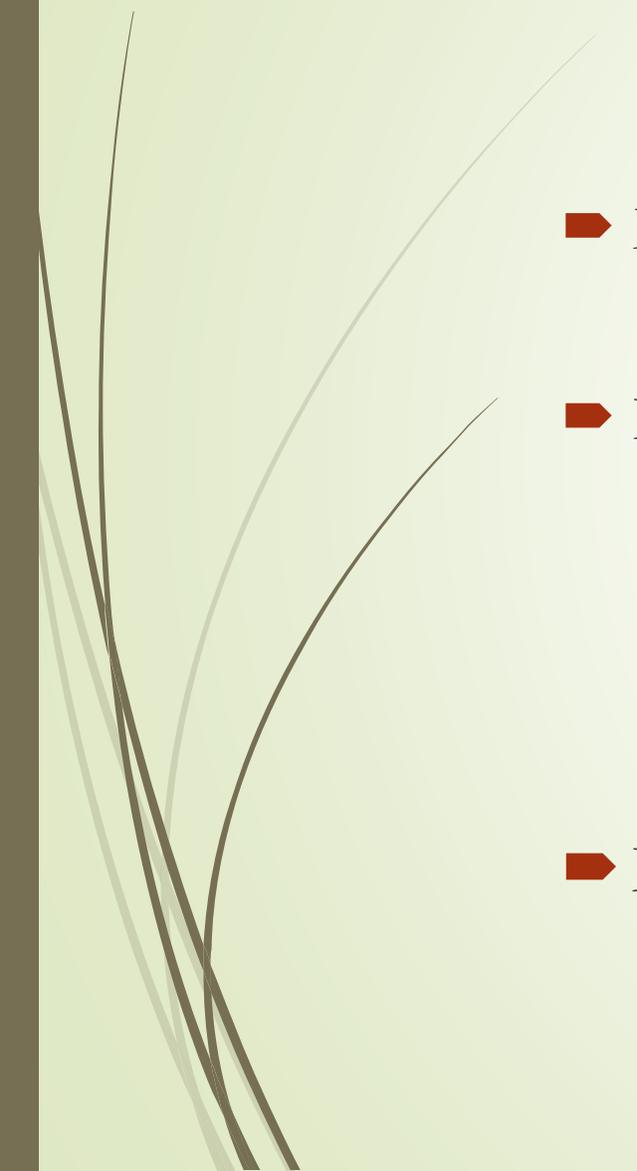


Strategies that foster resilience

- ▶ Social connectedness is a primary protective factor
 - ▶ Stronger Together sessions for farmers and people who support them to improve connectedness and to provide resources
- ▶ Farmer stories podcast series (spring 2020) featuring a Green county farmer as host. Themes: “you are not alone” and “people like me.”
- ▶ Capacity building within communities through suicide awareness training so more people can recognize and respond to suicide risk factors
- ▶ Train farmers to provide peer-to-peer support
- ▶ Work with primary care providers to increase awareness of agricultural stressors



Resources



- Harvest of Hope (608-836-1455)
 - Small, emergency loans available
- Farm Center (800-942-2474)
 - Vouchers available for free counseling sessions
 - Mediation available
 - Consultation on all aspects of business (finances, herd management)
- Midwestern Dairy Symposium

Resources for Farmers

WISCONSIN RESOURCES

Wisconsin Farm Center, DATCP:

800.942.2474 (staffed M-F 7:45 am-4:30 pm)

Harvest of Hope: 608.836.1455 (ext. 8) or

www.madisonchristiancommunity.org

Providing financial help to meet emergency needs of Wisconsin farmers.

Extension: Resilient Farms, Families, Businesses, & Communities: Responding to Stress
<https://fyi.extension.wisc.edu/farmstress/>

Suicide Prevention Coalition of Iowa County:

<https://www.suicide-iowacountywi.org/>

NATIONAL RESOURCES

Farm Aid Hotline: 800.FARM.AID (800.327.6243)

Farm Crisis Center: Farmcrisis.nfu.org



If you or a loved one are thinking of suicide, please call or text:

National Suicide Prevention Lifeline:

1.800.273.8255 (staffed 24/7)

HOPELINE: text "TALK" to 741741 (staffed 24/7)