

We probably all recognize some of the feelings described here and feel stressed or anxious from time to time. The first important step in tackling stress or anxiety is realizing that it is causing you a problem.

## WHO WILL HELP US?

**Ted Matthews, M.S.**  
(320) 266-2390



Ted has worked with rural issues in counseling for over 20 years. He has been director of mental health services during two natural disasters in the 1990s. Ted also has extensive counseling experiences in the areas of crisis intervention, family issues, suicidology and domestic abuse.

**Monica McConkey, MA, LPC**  
(218) 280-7785



Monica has worked in the mental health sector for the past 25 years. Her background includes work with youth and adults and covers a wide range of emotional challenges. Her recent work focuses on emotional stress of farmers and consulting with agriculture industry groups.

To find out more about the Farm Business Management program and the Mental Health Outreach program, please contact:



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**MENTAL HEALTH**  
Outreach Program

# Mental Health

## OUTREACH PROGRAM

### What Is It?

The Mental Health Outreach Program is a **FREE** and **CONFIDENTIAL** program. Run by the Mn State Centers of Excellence, it is a multi-faceted approach to addressing the importance of mental health in helping farm families achieve their business and family goals.

The Mental Health Outreach Program recognizes that mental health issues often affect personal well being and the health of farm businesses, Farm Business Management Instructors, farm service providers, and their respective families. All sorts of situations cause stress and anxiety.

The object of the Mental Health Outreach Program is to create an appropriate help network to assist in reducing the overall stress and anxiety on the farms.

The Mental Health Outreach Program compliments the array of services already available to farmers and farm families through the Farm Business Management program.

### Why Do We Need the Program?

As farmers, we are known for our work ethic and strong sense of pride. While these traits can be virtues, there is a downside in that they can cloud perceptions and lead to a denial of problematic situations:

- Concern about weather
- Uncertainty over markets and their trends
- Working with other farmers for more profitability
- Frustration with agencies and bureaucratic hassles
- Stress from seeking financial assistance
- Fear of losing the family farm
- Feelings of dread or hopelessness
- Serious problems such as depression, suicide, or domestic abuse

Promoting broader team approaches to managing stress sources in farming will increasingly determine the difference between a failed farming operation and a successful one.

### Crisis Outreach Program Addresses:

- Problems: emotional loss, frustration, domestic violence, sexual assault, suicide, etc.
- Relationship changes: increased tension, marital and family problems
- Work Disruption: lost jobs or hours, work demands and schedule changes, etc.

