

Talk Ask Listen

Mental Wellness in Agriculture

Knowing that knowledge is power and farming is unique, our goal for this workshop is threefold. One, that you walk away with greater awareness and understanding of mental health. Two, you can use this training knowledge in the cab of your tractor or at the office. And three, help you and those around you break down barriers and dispel the stigma through three actions - talking, asking and listening. The “Talk, Ask, Listen” workshop was created by farmers for farmers. It has already been delivered to thousands of producers across Canada.



Workshop Outline

1. The signs and symptoms of mental illness, anxiety, depression, stress, and substance use, including the unique statistics and factors the agriculture industry experiences.
2. What support looks like, depending on your level of education, experience, and training.
3. How to prepare and have conversations with someone who you identify may be experiencing a mental health challenge.
4. How to support others and yourself, and how to access resources.
5. Self care and prevention strategies for mental wellness.

- **Date:** Saturday, March 18
- **Time:** 11:30 a.m. to 4 p.m.
- **Cost:** FREE
- **Location:** Telford Community Hall, 48142 Range Road 262, Leduc County
- **Register:** Online at www.leduc-county.com/talk-ask-listen or contact Sara at **780-955-6424** or Sara@leduc-county.com.
- *Lunch and refreshments will be provided*