



Canadian Agricultural Literacy Program

Professional development tailored to mental health providers Serving the Agriculture Community



Agricultural competency is a core clinical skill.

Recent research from Canada and across the globe reveals that farmers and ranchers face significantly higher rates of anxiety, depression, suicide, and stress compared to the general population, while also exhibiting lower resilience. Agricultural producers encounter unique stressors—long working hours, isolation, market volatility, and unpredictable weather conditions—all while facing significant barriers to accessing mental health care. A critical obstacle is the lack of healthcare providers who truly understand agricultural lifestyles, production, and the core identity of those in farming.

To provide effective, evidence-based support, it's essential to understand the distinctive culture and stressors that agriculture producers experience. Research consistently shows that as a provider's knowledge of agriculture increases, so does the willingness of farmers and their families to seek and engage in mental health services.

About the Training

Introducing the first-of-its-kind training specifically designed to bridge the gap between mental health professionals and the agricultural community. This program delivers the critical insights and tools farmers and ranchers have been asking for, empowering mental health providers to offer truly effective support tailored to their unique needs.

FORMAT: VIRTUAL (ONLINE) LENGTH: 3 HOURS COST: FREE

This is an evidence-based program that significantly improved participants' knowledge of farm-related mental health issues and their confidence in helping farmers with ag-informed care approach.

Here's what you'll learn:

- Introduction or enhance a professional's knowledge about agricultural culture and conditions.
- Identify farm-specific factors that may exacerbate distress in agriculture producers.
- Increase ability to develop a realistic, specific treatment plan that meets an agriculture producer's individual needs.

More about the [Canadian Centre for Agricultural Wellbeing](#)