



The 3ACORNS Approach

Developed through research with farmers and rural service providers, the 3ACORNS approach (*Accommodate, Accessible, Anonymous, Combine, Ongoing, Relate, Network, Share*) highlights **eight ways** to make mental health support more accessible, trusted, and effective.



Inspired by the bur oak, a tree that withstands the harsh Prairie climate, the 3ACORNS approach represents resilience in rural mental health delivery.



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