Practical ways to strengthen mental health delivery for farmers and ranchers in rural communities



## The 3ACORNS Approach

Offer ANONYMOUS services

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.

## ACCOMMODATE

farmers'
seasonal and
daily work
schedules

Provide ONGOING support

Be <u>ACCESSIBLE</u> by providing

options outside

regular work hours

## COMBINE support with nonstigmatizing programs

NETWORK and engage with the community Improve your farm culture literacy to **RELATE** better to farmers

## **SHARE**

information through a variety of communication channels



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



