

AgSafe Mental Health Crisis Resources

for B.C.'S Agricultural Producers

This information is intended for reference and use by crisis line operators when communicating with individuals working in, or associated with British Columbia's agricultural industry.

Someone who reaches out for information may be doing so to start the conversation about mental health supports, or may benefit first from those supports, even if that's not what their initial request sounds like.

What you should know to help a farmer whose mental wellness is in crisis:

- Farming is associated with a unique set of characteristics that are potentially hazardous to mental wellness: High stress levels, isolation - the solitary nature of farming allows the mind to fill with stressful thoughts, and lack of access to mental wellness care.
- Those involved in farming experience one of the highest rates of suicide and are at a higher risk of developing mental wellness problems than those working in any other industry.
- Farmers and ranchers often feel the expectation to work hard, be strong and resilient, but not let it show or ask for help when they feel vulnerable, stressed, anxious, burned out or depressed.
- Because of the stigma around mental wellness farmers, like many people, tend to be very private about personal challenges and concerns. They want to be able to talk to someone who they feel understands the stress of farming. What it feels like to see rains wash away a year's income when you are one or two payments away from the bank repossessing your tractor or combine.

AgSafe Emergency Response Liaisons

AgSafe has a team of industry-specific Emergency Response Liaison personnel to work with agricultural producers impacted by the current emergency situation. Two of AgSafe's ERLs speak Spanish and Punjabi fluently. Contact the AgSafe office to connect with your Industry Emergency Response Liaison:

Toll Free: 1-877-533-1789

Email: Contact@AgSafeBC.ca

Web: www.AgSafeBC.ca/contact-us

Agricultural-Focused Mental Wellness Practitioners (B.C.):

- Kylie Bartel, MA, RCC, CCC - kyliebartel.com
- Robin Collins, M.Sc., Clinical Counselor – collinscounselling.ca
- Tammy Thielman, BSW, MSW, RSW - townandcountrycounselling.com

AgSafe Resources:

- AgSafe Mental Wellness for B.C.'s Agricultural Producers: agsafebc.ca/mental-wellness
- AgSafe Emergency Response Resources: agsafebc.ca/tools/emergency-planning-resources
 - Floods - agsafebc.ca/tools/emergency-planning-resources/flooding
 - Wildfire - agsafebc.ca/tools/emergency-planning-resources/wildfires
- COVID-19 and Communicable Diseases: agsafebc.ca/communicable-diseases

Avail App is an interactive mental well-being self-assessment platform available to agricultural producers in B.C. The app looks at how well you sleep, your level of stress, the quality of your social interactions and your mood and provides resources to help address the results of your self-assessment. *Information about Avail App and how to sign up has been widely shared among B.C.'s agricultural industry associations and stakeholders.*

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Avail App

Avail is a personal well-being assistant, and can help you monitor changes in your well-being using built-in resilience check-ups.

Through the app, you are also able to connect directly with mental health professionals, and access information and resources related to mental health and wellness.

Available online, the Google Play Store and the Apple App Store

Account Sign Up

Avail.app/signup Organization Name: AgSafe BC

AgSafe has partnered with Avail to provide resources sourced for the BC Agriculture community, please use AgSafe BC as your "Organization Name" when signing up to access these resources.

Need to Talk?

Mental Health Support: 310-6789 (24/7)

Crisis Line: 1-800-SUICIDE (24/7)

<https://crisiscentrechat.ca>

crisislines.bc.ca

If you or someone you know is experiencing a crisis and is **in danger**, please contact **911**.

Non-emergency health and mental health information. **Call: 811**

More Resources

AgSafeBC.ca/Mental-Wellness

CMHA.BC.ca | Coping with Natural Disaster Stress

RedCross.ca | Psychological First Aid Pocket Guide

Mental Wellness Resources

Information provided on this document is not intended to replace medical care or legal advice.

AgSafe

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Financial Assistance:

- Government of British Columbia - gov.bc.ca/gov/content/safety/emergency-management/preparedbc/evacuee-guidance/disaster-financial-assistance
- BC Agriculture Council Fund for Farmers: Relief efforts and ongoing support for the farm families and livestock affected by the recent weather-related disaster - bcac.ca
- BC Agri-Business Planning Program - gov.bc.ca/gov/content/industry/agriculture-seafood/programs/agri-business-planning-program#Business-Recovery-Planning
- BC Economic Development Association (Flooding) - bceda.ca/flooding

Children and Disasters

- Fraser Health - [START program](https://www.fraserhealth.ca/start-program) at [1-844-782-781](https://www.fraserhealth.ca/1-844-782-781).
- About Kids Health - Psychological effects of disaster on children: aboutkidshealth.ca
- HealthyChildren.org - Talking to children about disasters: healthychildren.org/English/healthy-living/emotional-wellness/Pages/Talking-to-Children-about-Disasters

Other Resources Available:

- Food Banks BC - foodbanksbc.com
- Evacuee Registration and Assistance - ess.gov.bc.ca
- Regional District Contact Info: Civic Info BC - civicinfo.bc.ca/municipalities
- Merritt Resiliency Center - merritt.ca/resiliencycenter