



# Mental Health Stigma in Agriculture

Mental health stigma refers to the negative attitudes or discrimination against someone based on a distinguishing characteristic such as a mental illness, health condition, or disability.

## WAYS TO COMBAT MENTAL HEALTH STIGMA

- Talk openly about mental health.
- Educate yourself and others.
- Be conscious of language.
- Encourage equity between physical and mental illness.
- Show compassion for those with mental illness.
- Don't harbor self-stigma.
- Understand that taking care of your mental wellness **IS** taking care of your family and your farm.

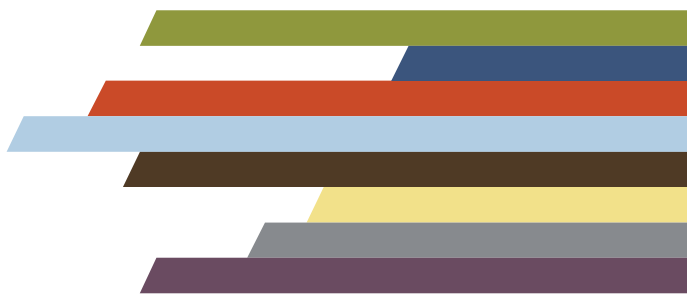
## FAST FACTS

- One in five Americans experienced a mental illness in 2019.
- Mental illness often goes untreated; only 40% of persons with a mental illness received treatment in 2019.
- Cultural values, including independence and self-reliance, can prevent farmers and their families from seeking help.

## RESOURCES

- National Alliance on Mental Illness (NAMI) at 1-800-950-6264 or email [info@nami.org](mailto:info@nami.org)
- National Suicide Prevention Lifeline at 1-800-273-8255
- Stigma, Prejudice and Discrimination Against People with Mental Illness  
- [psychiatry.org/patients-families/stigma-and-discrimination](https://www.psychiatry.org/patients-families/stigma-and-discrimination)

## LOCAL RESOURCES OR CONTACT INFORMATION



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