



Manitoba Farm & Rural Stress Line (MFRSL)

In-Person Counselling Pilot Project

Purpose:

The MFRSL In-Person Counselling Pilot Project will offer **individual short-term, counselling to farmers who are experiencing farm-related stress**. Issues may include but are not limited to: stress management, relationship difficulties, anger, depression, communication, conflict resolution, and anxiety.

Rationale:

A 2005 study of 1100 Canadian farmers has shown that almost 2/3 of Canadian farmers are feeling stressed on their farms. Despite these high stress levels, only 2 in 10 farmers across Canada have spoken with a health care professional about stress and mental health. Pride and farmer independence were cited as the main reasons farmers did not reach out for help. Those that did however, preferred to meet face-to-face and stated that it is *of the utmost importance that the (helping professional) be knowledgeable about agriculture*.¹

1. *National Stress & Mental Survey of Canadian Farmers*. Report to the Canadian Agricultural Safety Association, Feb. 2005. Western Opinion Research Inc.

2. *Needs Assessment of In-Person Counselling For The Manitoba Farm & Rural Stress Line* (Julie Hockley, M.Ed., Nov., 2008)

A recently completed Needs Assessment confirmed the need for specialized, in-person counseling for Manitoba's farming population.² The MFRSL has created a pilot project to determine the outcome and viability of this service.

Eligibility:

The target population of the In-Person Counselling Pilot Project will be farmers who are experiencing farm-related stress and able to meet at our Brandon office. The service will be provided free of charge and clients will be offered the service on a case-by-case basis.

The Service:

- 6-10 one-on-one counselling sessions
- Professional counsellors with farming backgrounds
- Solution-focused counselling approach
- Referrals to other agencies for long-term counselling and/or issues related to significant mental health concerns/addictions

More Information:

To speak to a counsellor or to refer someone to this pilot project, please contact the Manitoba Farm & Rural Stress Line.

Manitoba Farm
& Rural Stress Line
Unit 1, 217 10th Street
Brandon MB R7A 4E9

1-866-367-3276
www.ruralstress.ca

