Motion Graphic



A Mental Health and
Agriculture Motion
Graphic was recently
developed to be part of the
Gear Up for Ag Health and
Safety™ program.

Starting the Conversationin Communities

The motion graphic was initially launched with the Gear Up for Ag Health and Safety™ program in Ag Colleges. This, along with discussion points during the program, serves as a conversation starter to encourage students to discuss mental health issues and concerns.

Mental Health in Agriculture Discussion Guide

Adding a discussion guide to facilitate the use of the motion graphic as a conversation starter in rural settings will help build a supportive community. Early discussions have lead to numerous meetings and a request for additional mental health strategies.

Resources

Local, Regional, National & International





It can make a big difference



for Ag Health & Safety

Mental Health and Agriculture Starting the Conversation with the Next Generation of Ag

The Ag Health and Safety Alliance's *Gear Up for Ag Health and Safety™* program focuses on educating the next generation of agriculture by interacting with students at Ag colleges and high schools.

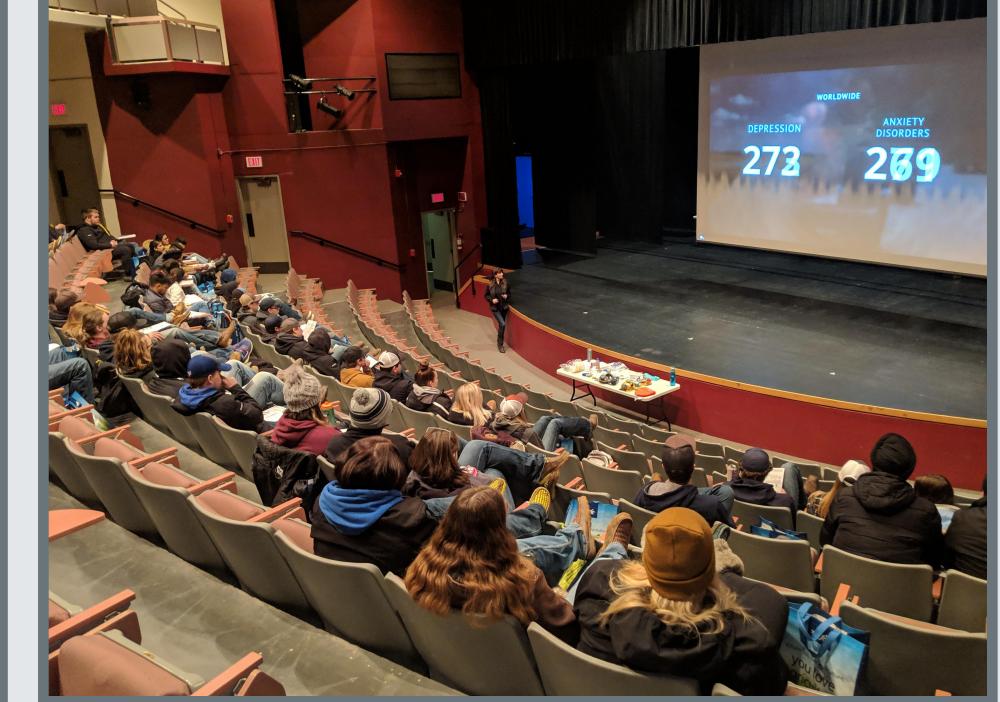
Funding from **UMASH** has enabled the program to expand and include stress and mental health topics. The program assists college Ag students in recognizing signs and symptoms of stress and mental health issues not only for themselves but also for peers and family members.



of students have observed signs and symptoms of stress and mental health issues in family or friends.











For more information contact Ag Health and Safety Alliance www.aghealthandsafety.com

Student Surveys

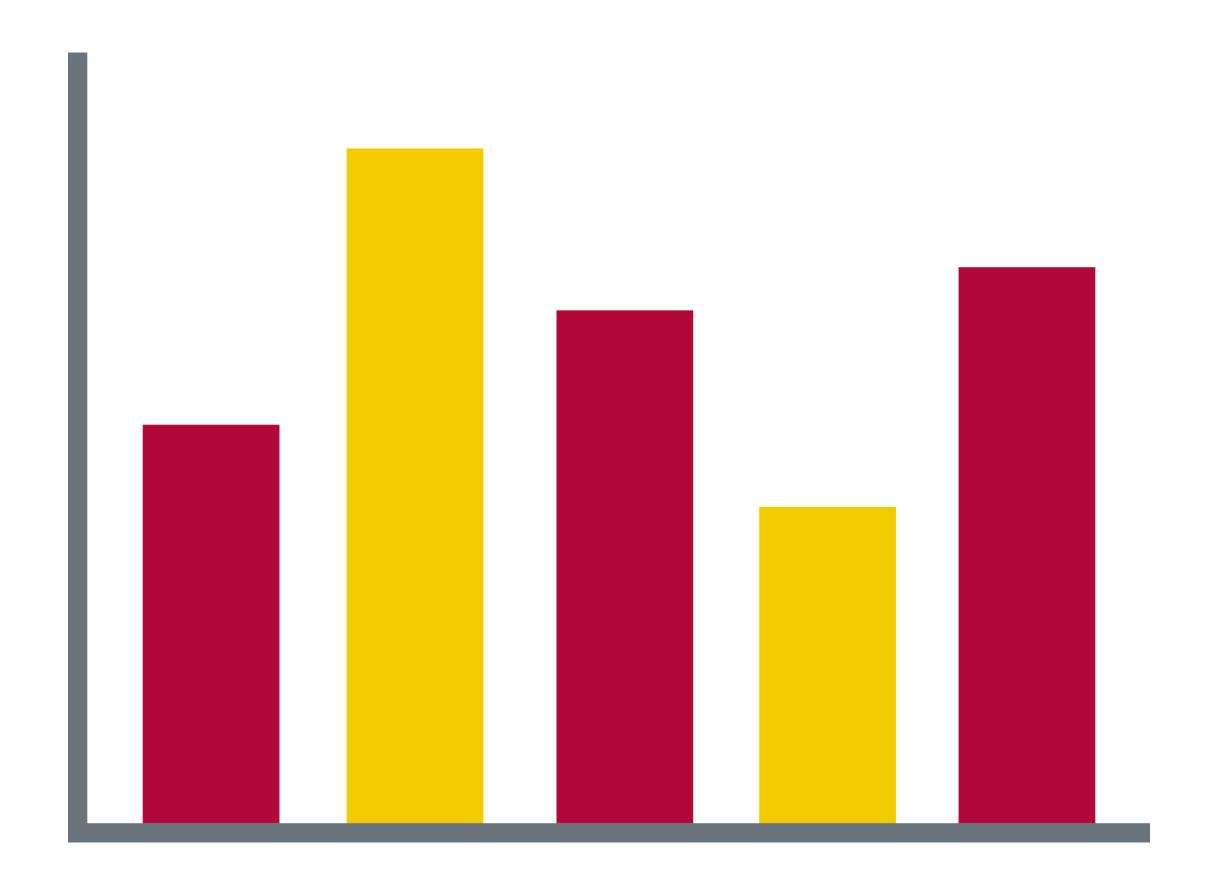
Mental health questions are part of a standardized pre and post survey for all **Gear Up for Ag™** program students.

556 students took the pre survey. Students answered questions regarding the two weeks prior to the survey.

56% of students stated they were feeling nervous, anxious or on edge.

45% stated they were not able to stop or control worrying.

39% reported feeling down, depressed or hopeless.



Pre Survey Data provides understanding on how students are doing prior to the delivery of the program.

Sharing real data with students gives the opportunity to create open discussions about their stress and mental health.

Post Survey Data will determine if students recognize signs and symptoms of mental health issues and how to access resources.

Funding provided by the Upper Midwest Agricultural Safety and Health Center (UMASH) through a cooperative agreement from the National Institute of Occupational Safety and Health - U54 OH010170