

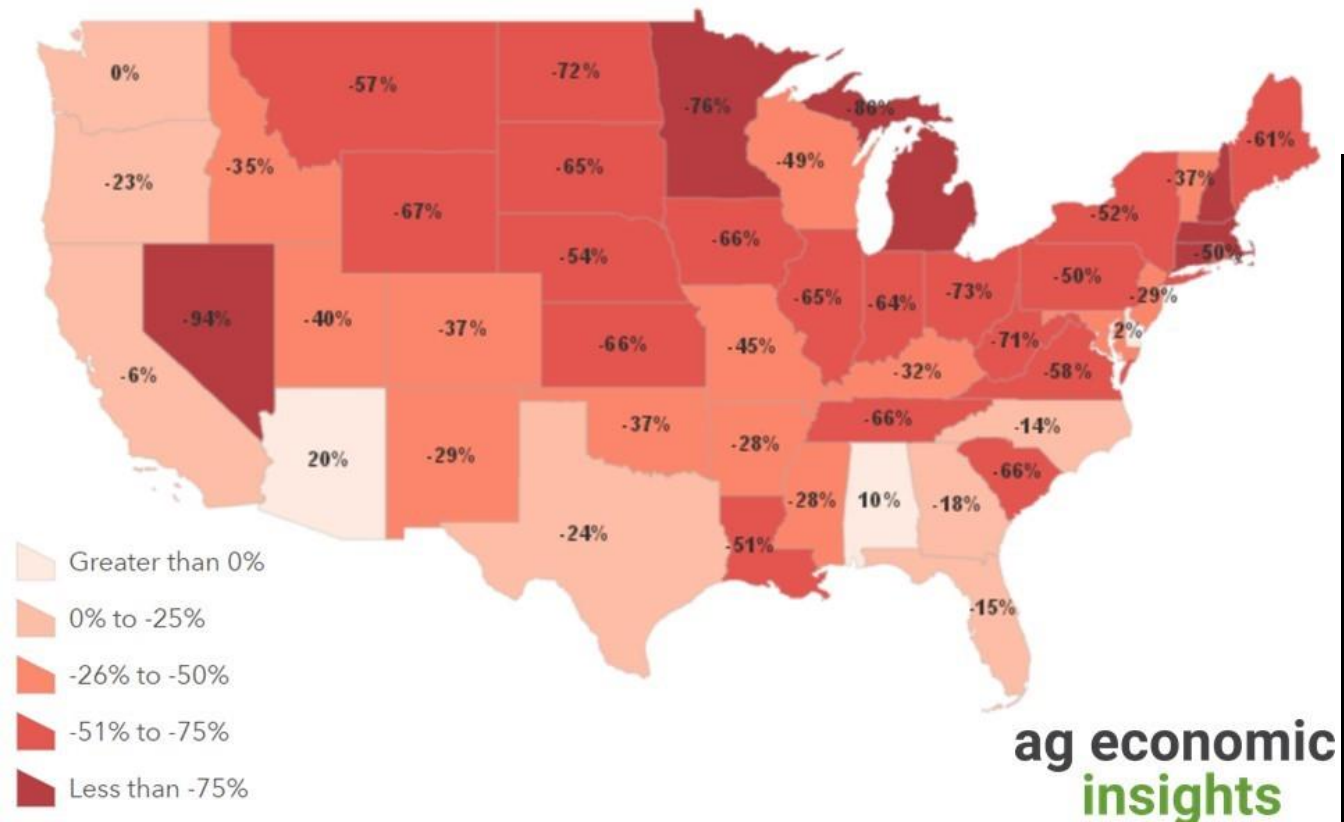


Supporting Agricultural Communities in Stress

Minnesota House Ag. Finance Committee 2/20/2020

Meg Moynihan | Senior Advisor

Changes in State-Level Net Farm Income (Avg. 2016-2017 vs Avg. 2011-2013)



People need different things.

Make help as easy to find as possible.

Lots already exists.

***You are
not
alone.***

Collaborative



MINNESOTA STATE



LIVINGWORKS



RED RIVER
FARM NETWORK



Training

- safeTALK: Preventing Suicide in Agricultural Communities (233)
- Navigating Conflict & Tough Conversations in Agriculture (245)
- Supporting Farm Youth in Stress (108)





19 episodes, 61,000+ “listens”

- How Not to Let the Farm Wreck your Marriage
- Life After Farming
- It’s OK to not be OK – seeing a therapist
- Suicide: Losing a Husband and Partner; Losing a Son; Dealing with the Uncontrollable
- After a Farm Accident, Attitude is Everything
- Farm Stress & Farm Kids



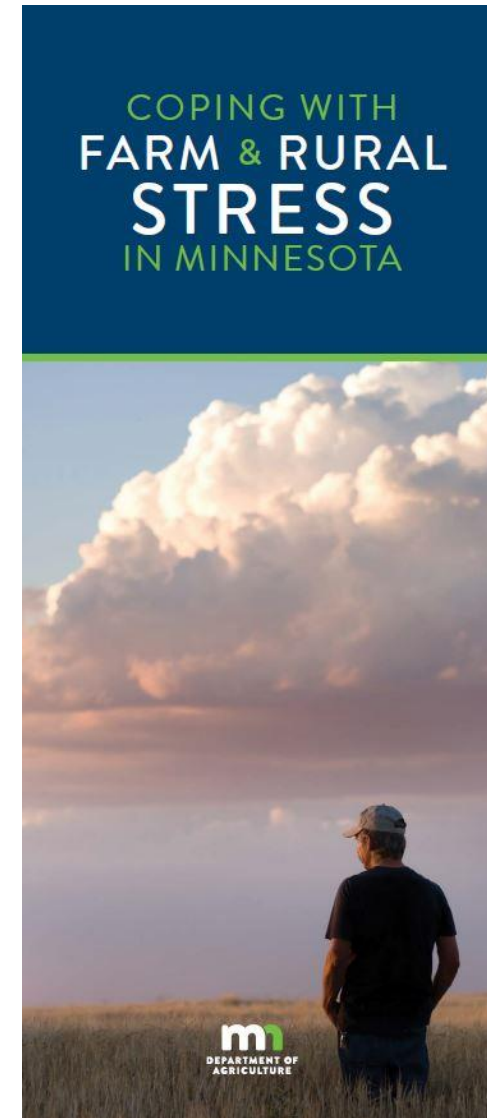
Outreach

- \$12K Professional development funds to Minnesota State Farm Business Mgmt.
- \$5K Underwriting additional suicide prevention workshops
- Advertising – traditional & social media
- Adding text, email capacity →

\$21.5K

MINNESOTA FARM & RURAL HELPLINE
833-600-2670 | minnesotafarmstress.com
Free. Confidential. 24/7.

YOU ARE NOT ALONE
Need help finding a confidential financial or legal advisor?
Feeling alone, sad, or worried and need a listening ear?



Inter-agency efforts



What questions do you have for me?

A person wearing a cap and jacket stands in a grassy field at sunset, looking towards a large silo and a pickup truck. The sky is filled with warm, golden light from the setting sun.

Meg Moynihan

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