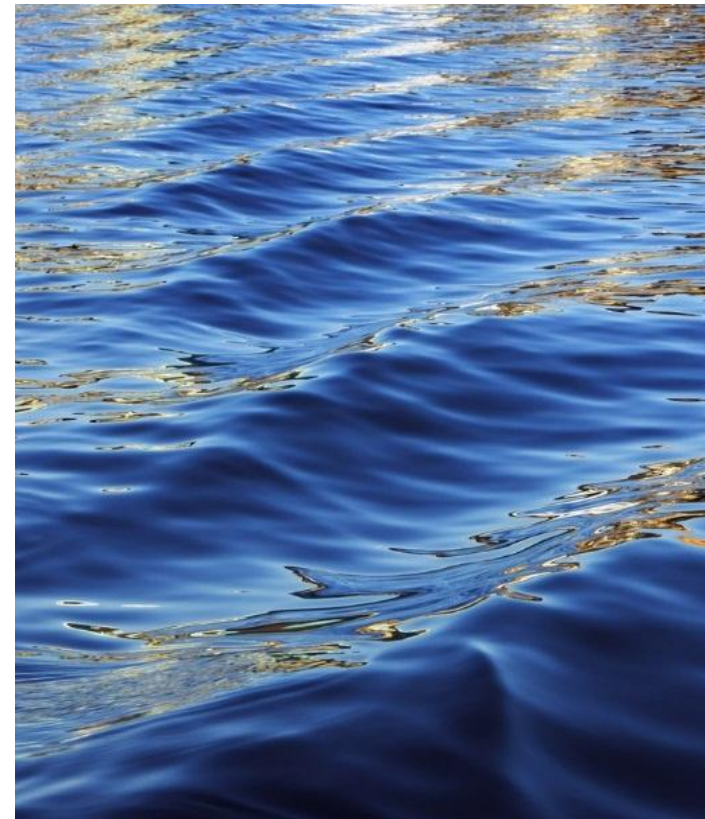




MN Ag Mental Health Program

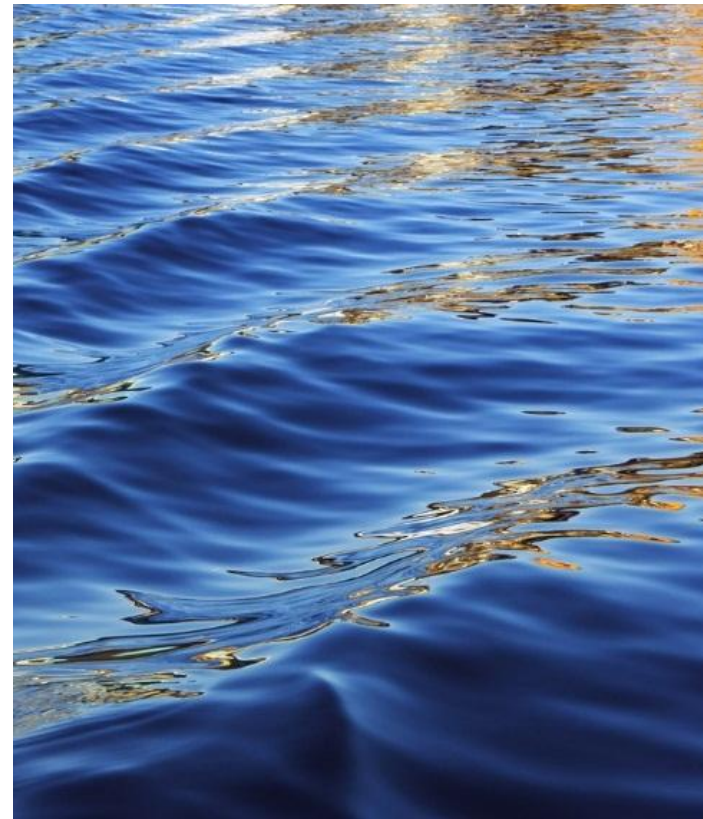
Monica Kramer McConkey, MA, LPC
Eyes on the Horizon Consulting, LLC







2024 Information



Most Common Presenting Problems

- Stress
- Depression
- Anxiety
- Relationship issues
- Conflict during transition/succession planning
- Substance Use

Driving Causes

- Commodity prices
- Weather/Natural Disasters
- Workload
- Lack of workforce
- Regulatory issues
- Relationship issues
- Legal issues

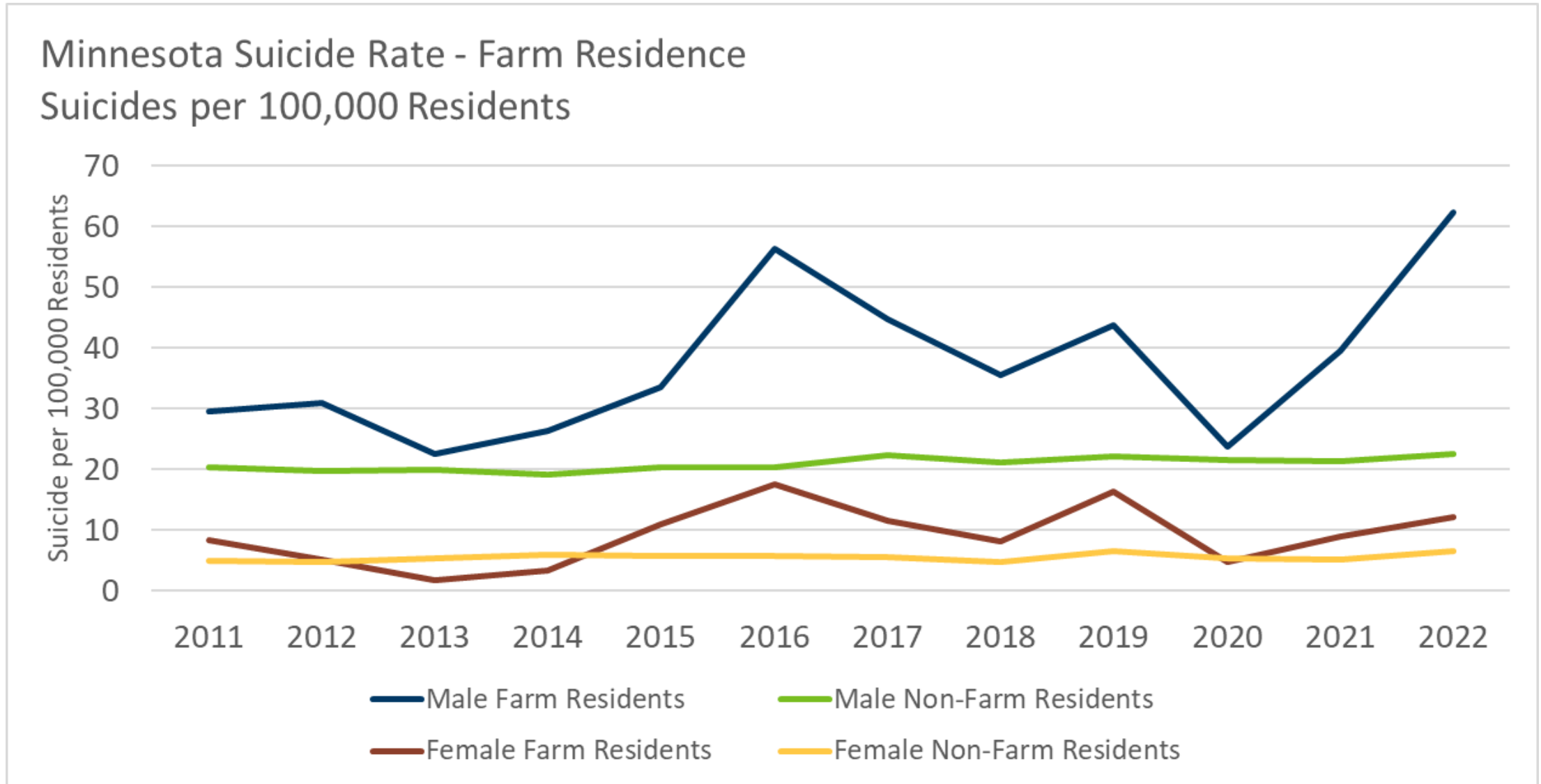
Hello Monica,

I am contacting you because I have been struggling the last few years with stress. I'm not exactly sure if alcohol use has been the problem the whole time but I seem to end up using alcohol a lot more than I ever have in the past. I am married with [REDACTED] children. My wife's name is [REDACTED]. We have [REDACTED] sons [REDACTED], age [REDACTED], and [REDACTED] who is [REDACTED] years old. We also have a daughter who lives at home with us. Her name is [REDACTED] and is [REDACTED]. They are all wonderful and I should consider myself the luckiest person on earth but I seem to still struggle with some depression. I would say the last 10 or so years farming has been more difficult for me than any of the other years before. I have always thought of myself as being more optimistic in the past but in these last years I feel more uncertain of the future. We have had some roller coaster years. We have had a few years of extreme drought in combination with extreme wet conditions. We have lost crops due to flooding, drought, hail, and wind all in the same growing seasons. As time goes on I find my attitude changing, not for the better. My cell phone number is [REDACTED]. I would like to set up a time to talk in the future to see if I can start to climb out of the rut I have been in.

Thank you and hope to hear from you in the coming weeks.

“Suicides are determined from Minnesota death certificates. Farm residence is determined using county property tax records. Denominators to calculate the rates are from the American Community Survey.”

Credit: E. Zabel, Center for Occupational Health and Safety, Minnesota Department of Health



Farmer Contacts

- Client sessions 652 (males, females, youth, multi-family)
- Calls/emails 650

Presentations/Trainings

55 presentations and trainings

- Suicide Prevention (QPR & safeTALK)
- Ag/rural competency training for rural providers (medical, mental health, pharmacy)
- Farm Couple Night Out events
- Post-secondary Ag students
- USDA, FBM, Advocate, Mediator staff trainings
- County Farm Bureau
- Women in Ag events (Annie's Project, Extension)



Farm Suicide Loss Survivors Bereavement Support Group

An online group providing support to farmers and farm families who have lost a loved one to suicide. Group will be held the third Monday of each month from 8-9:30 pm.

Goal: To give survivors a nonjudgmental, comfortable and completely confidential space to express themselves and find support among other farm family members who truly understand.

For more information contact: Monica McConkey,
Minnesota Rural Mental Health Specialist,
monicamariem@yahoo.com or 218-280-7785.

To register:
<https://us02web.zoom.us/meeting/register/tZUpcOCuqzsqGdH9TbGemYTyBOZoPptkT-SQ>

Farm Suicide Loss Support Group

Monica Kramer McConkey

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