

THE FARMER WELLNESS INITIATIVE

FREE, UNLIMITED COUNSELLING

FARMER
WELLNESS
INITIATIVE

Agriculture
Wellness
Ontario

FARMERWELLNESSINITIATIVE.CA

The Farmer Wellness Initiative provides Ontario farmers and their families with free, unlimited mental health counselling, specific to the unique challenges that can be experienced by the agricultural community.

1-866-267-6255

How it Works:

Step 1 – When you call the line, you'll go through a brief intake process. You'll be asked your name, where you live and why you're calling. (Note: if you're in crisis, you'll be directed to immediate support.)

Step 2 – Within a week, you'll be connected to a counsellor that you can see on an ongoing basis by phone, video, or in person (based on availability). The mental health professionals who provide counselling are ag-informed to best serve the community.

Step 3 – Engage in counselling for as long as you need. Sessions are free and unlimited. Finding the right counsellor is important. If you'd like to be matched with someone new, you can call the line back and be matched with someone who may be a better fit – no questions asked.

What you need to know:

ELIGIBILITY



Ontario-based farmers and members of farming households (spouses, partners, children, dependents). This includes family members involved in the operation of the farm.

Note: callers must be 16 years or older. Youth between the ages of 12-15 may utilize the service with parental consent.

COST



Free! There is no cost for this service, and the number of sessions is unlimited.

All information received through counselling sessions is confidential and in accordance with the Personal Health Information Protection Act (2004).

PRIVACY



ACCESSIBILITY

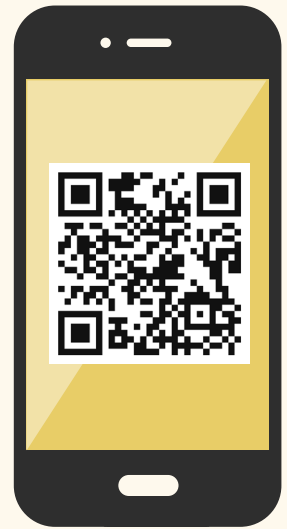
Operated by TELUS Health, you can call 1-866-267-6255, 24 hours a day, 7 days a week, 365 days a year. Available in both English and French.



What do you talk about in counselling?

Mental health counselling doesn't just have to occur when we're in crisis or distress. Proactively talking to a professional can be helpful to manage stress, relationships and wellness. Here are some topics that might be useful to talk about:

- Developing coping strategies and managing mental health
- Family or relationships
- Financial pressure
- Succession or transition planning
- Stress on the farm
- Anxiety or depression
- Managing your workload
- Substance use
- Loneliness or isolation
- How to support loved ones
- Processing traumatic events



Save the number in your phone

Our mental health is ever-changing, like the weather. While we might feel fine today, we know circumstances can shift, and we may need support in the future. Scan this QR code to save the Farmer Wellness Initiative number as a contact in your phone, in case of a rainy day.

