

The Guardian Network:

CREATING A SUPPORTIVE AGRICULTURAL COMMUNITY



www.guardiannetwork.ca

The Guardian Network is a volunteer, peer-driven community of mental health advocates that supports Ontario's farming community.



WHO ARE GUARDIANS?

Guardians are passionate and caring people who live, work, or volunteer in the agriculture community and want to be there for their neighbours, family, co-workers, clients and friends.



For example:

- 🌱 Salespeople
- 🌱 Veterinarians
- 🌱 Technicians
- 🌱 Board Members
- 🌱 Members of Farming Families
- 🌱 Community volunteers



DOES THIS SOUND LIKE YOU? REGISTER!

Join one of our open monthly trainings here:



Book a private training session for your group here:



THE GUARDIAN NETWORK TRAINING

A free full-day suicide prevention training that includes:



Building knowledge about mental health in the agriculture industry



How to identify signs of mental distress and suicide risk factors



Building confidence in having conversations about mental health and suicide



Awareness of resources and how to access support



Disclaimer: A Guardian does NOT act as a therapist or counsellor. A Guardian does NOT provide follow up mental health care to community members.





WHAT DO GUARDIANS DO?

Post-training, Guardians are empowered and prepared to do the following:

- Have conversations about well-being to raise awareness and reduce the stigma surrounding mental health in the agriculture community.
- Share resources with community members so they can access support, such as the Farmer Wellness Initiative.
- Identify individuals who need help and connect them with appropriate crisis support.



SUPPORT FOR GUARDIANS



We want to ensure that our Guardians are well supported, so we offer the following support and education opportunities for trained Guardians:

- All Guardians have access to free individual counselling sessions.
- Guardians can connect with the Psychological Support Coordinator for debriefing and support.
- Guardians can connect with other Guardians monthly at virtual Guardian Connects.
- Guardians are invited to the Guardian Network's annual conference.

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