

## Message from the Minister of Agriculture and Agri-Food

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As the Agriculture and Agri-Food Minister, I have the privilege of meeting agricultural producers across Canada. Through our discussions, I witness first-hand their passion for agriculture but also the stress and anxiety they feel.

Agriculture and agri-food production, albeit rewarding, is demanding and, at times, exhausting. Our producers work 365 days a year to feed families here in Canada and around the world. This responsibility often comes with uncertainty and major challenges that have become even more daunting in the last three years.

Now, more than ever, it is time to break the stigma and talk about mental health in the industry. Rooted in Resilience provides resources to help producers overcome isolation – an all-too-common reality in their line of work.

I would like to thank all the families who participated in this edition and everyone who makes it possible to continuously promote the well-being of producers.

**The Honourable  
Marie-Claude Bibeau, P.C., M.P.**  
Minister of Agriculture and Agri-Food

## Message from the Interim President and CEO of Farm Credit Canada

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I'm glad the conversation around mental health has become more open. The circumstances of the past couple years have forced everyone to re-examine what's important to us.

Emerging from the pandemic, I think we're all more aware of what contributes to our resilience. These are the habits and behaviours that lift us up when we're struggling. They can be as simple as taking a few deep breaths or sitting down for a coffee with a loved one.

The goal of this magazine is to provide you with stories and advice that remind you of what contributes to your resilience or help you discover new ways of feeling stronger in the face of adversity.

At FCC, we're continuously working to support the Canadian agriculture and food industry. Ingrained in this commitment is a desire to advance the mental health dialogue in our industry and to encourage people to seek support if they need it.

If you or someone you know is struggling, don't be afraid to ask for help. No one should feel alone.

**Ross Topp**  
Interim President and CEO  
Farm Credit Canada

## Message from the Canadian Federation of Agriculture

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Mental health is something that is often overlooked in the agricultural community. For many in the farm community, farming goes beyond just being a career and ends up being a lifestyle. Part of that lifestyle is the ability to solve problems on your own, and to take pride in hard work.

Unfortunately, this kind of mindset has led many farmers to suffer from mental anguish in silence. While many may believe that silent suffering and not being a bother to others is a sign of strength, it can often take more strength to admit you need help and to seek it.

That's why it's so important for initiatives like Rooted in Resilience to provide tools and share stories and experiences, so farmers can know that they aren't alone and that there are people out there willing to listen and help.

### **Mary Robinson**

President  
Canadian Federation of Agriculture

## Message from the Do More Agriculture Foundation

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Agriculture is an industry with a foundation of deep rural roots, hard work, resilience, strength and community. In order to uphold that image, those traits can also be the industry's weakness as they become barriers for speaking up and seeking help.

Results from the 2021 survey of Farmer Mental Health in Canada found that farmers had lower resilience scores than the U.S. general population. Additionally, 76% of farmers were classified as experiencing moderate- to high-perceived stress. These latest statistics highlight how important it is that we continue to raise awareness on mental health in agriculture and bring mental health literacy into farming communities.

The Do More Agriculture Foundation is thankful for FCC's commitment to supporting the mental health of Canadian producers. Our Community Fund, presented by FCC, has been bringing Mental Health First Aid and Talk Ask Listen into rural communities for the past four years. Rooted in Resilience is an important next step in bringing mental health awareness and tools to the kitchen tables of farms across Canada. It's by working together that we can change the culture in agriculture to one where all are supported and empowered to take care of their mental health.

### **Megz Reynolds**

Executive Director  
The Do More Agriculture Foundation