

Farm Management Canada
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Exploring the Connection between Mental Health and Farm Management (English and French)

To examine the connection between mental health and farm business management by investigating the various factors that affect mental health, how to support farm business management through mental health, and mental health through farm business management.

The findings from Jones-Bitton's national survey results point to the threat Canadian agriculture farms and businesses may face due to poor mental health and high stress. There is the need for specific attention to be paid to the mental health of farmers in Canada. FMC, alongside its partners and collaborators, will conduct primary research with farmers across Canada in different regions, product sectors, and demographics. This research includes national surveys, interviews, and focus groups. We invite you to be part of this bilingual session to discuss the impact of mental health on farm business management.

Ultimately, this project will identify the steps that FMC can take moving forward to address these challenges, and support farm business management and mental health congruently.