



# Farm equipment

gets the maintenance it needs to work at peak capacity

*but*  
**mental health**  
tends not to receive the same vital attention



**Signs you need to prioritize your mental health**



**Don't be afraid to call for help.**

**For more information:**

FCC's Rooted in Resilience  
[fcc-fac.ca/wellness](http://fcc-fac.ca/wellness)

CASA's Mental Health Hub  
[casa-acsa.ca/en/mental-health](http://casa-acsa.ca/en/mental-health)