



## **Canadian Agricultural Safety Week**

**March 15–21, 2020**

Public Service Announcement

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FOR IMMEDIATE RELEASE

### **Resilience on the Farm**

Farming and Ranching have unique occupational hazards and stresses. With strong traditions of being an independent occupation, the tendency is not talk about problems or ask for support.

Feeling lonely and isolated is common, but you aren't alone and we can all do things to support each other.

Reach out to those around you. Get involved in your local community, make the time to connect with friends, share information and help grow healthy and resilient agricultural communities.

This Canadian Agricultural Safety Week, we celebrate Safe and Strong Farms. For more information on Growing an AgSafe Canada, visit [agsafetyweek.ca](http://agsafetyweek.ca).

