

## FACT SHEET

# Pressures on farmers

### Issue

Farmers are doing it tough. They also need to cope with financial pressures and isolation, and increasing workloads as younger family members move away to the city or regional centres. To be resilient, farmers need to be aware of these risks, manage them appropriately and use all the resources that are available.



### Recommendations

The pressure you face can affect your mental health. It's important for you and your business to monitor your mental health and wellbeing, become better informed on how to manage the pressure, and get help if you need it.

There are a number of programs in the community to help farmers.

#### Phone services

NSW Rural Mental Health Support Line **1800 201 123**.

Lifeline Australia **13 11 14**.

Beyond Blue **1300 22 46 36**.

#### Web resources

[Business in Mind](#) is a free DVD and resource kit for owners and managers of small to medium businesses. It will help you recognise the signs and symptoms of depression and anxiety in yourself and others, and provide you with strategies to the way you and your business cope with the impacts of poor mental health and stress.

#### Publications

[Managing the pressures of farming](#) is based on information from NSW farmers. It provides checklists for you to do a quick 'maintenance check' and to start mapping out a plan for managing the pressures you face.



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#### Disclaimer

This publication may contain work health and safety and workers compensation information. It may include some of your obligations under the various legislations that WorkCover NSW administers. To ensure you comply with your legal obligations you must refer to the appropriate legislation.

Information on the latest laws can be checked by visiting the NSW legislation website [legislation.nsw.gov.au](http://legislation.nsw.gov.au)

This publication does not represent a comprehensive statement of the law as it applies to particular problems or to individuals or as a substitute for legal advice. You should seek independent legal advice if you need assistance on the application of the law to your situation.

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