

In the Know



A MENTAL HEALTH WORKSHOP FOR THE AGRICULTURAL COMMUNITY

In the Know was developed by a research team at the University of Guelph in 2019. In 2021, CMHA Ontario became the delivery partner for In the Know in Ontario.

PROGRAM-AT-A-GLANCE

What you'll learn:

- Awareness of mental health stigma in the agricultural community
- Common stressors and mental health concerns in agriculture
- How to identify warning signs of stress, depression, anxiety, substance use, and suicide
- How to start a conversation around mental health
- The importance of self-care



Workshop basics:

- Free to participate
- Uses agricultural examples
- 3 hours of content
- Virtual and in-person delivery options

In the Know is appropriate for everyone who is connected to Ontario's agriculture community!

Free to agricultural businesses and organizations, for groups of 5 to 30 people.

Great offering for:

- Boards of directors
- Staff teams
- Membership
- Community members

Having conversations about mental health is important

- 76% of farmers were classified as experiencing moderate or high perceived stress¹
- 40% of producers across Canada reported they would feel uneasy about seeking professional help due to what people may think²
- 98% of In the Know participants reported that their confidence in their ability to speak to someone about their mental health increased following the session

"It was good to get together with other agricultural producers in my community and discuss mental health. A few years ago, this never would have happened. That is huge progress."
- In the Know Participant

Individuals

Sign up for one of our monthly virtual workshops today! Open to producers, agriculture professionals and community members!



Groups

Request a private training for your group. Great for professional and community development!



www.intheknowontario.ca

¹Briana N. M. Hagen, Alex Sawatzky, Sherilee L. Harper, Terri L. O'Sullivan & Andria Jones-Bitton (2022) "Farmers Aren't into the Emotions and Things, Right?": A Qualitative Exploration of Motivations and Barriers for Mental Health Help-Seeking among Canadian Farmers, *Journal of Agromedicine* | ²National Survey of Farmer Mental Health, Submission to the Standing Committee on Agriculture and Agri-Food: Strengthening Canada's Agricultural Sector – A Canadian Network for Farmer Mental Health by Dr. Andria Jones-Bitton, Ontario Veterinary College, University of Guelph (2016)