



WE
TALK
WE
GROW



Supporting the **MENTAL HEALTH**
of Nova Scotia Farmers ♥

We Talk. We Grow; this is what we are working to achieve as Nova Scotia's farming community. From one end of the province to another – we want to create a more welcoming environment to talk openly about mental health; what it looks like when our mental health is great, and what it looks like when we're struggling.

When we talk, we grow.
Most importantly, we get better.

We Talk. We Grow. is an initiative of **Farm Safety Nova Scotia** raising awareness and taking action to protect and nurture the mental health and well-being of Nova Scotia's farming communities. With support from the **Nova Scotia Federation of Agriculture**, the campaign sets out to bring people together in building strong and resilient farming communities across Nova Scotia – where mental health is valued, prioritized and protected.

Introducing: **WeTalkWeGrow.ca**

Our new online platform offers resources developed to optimize stress-free workplaces, and help promote optimal mental health. We know that mental health challenges can and do arise; we want to be there when they do, with readily accessible, culturally appropriate, and most of all effective, programs and supports.

*Blueprint of a
Mental Health Action Plan for
Nova Scotia's Farming Communities*

Farm Safety Nova Scotia has created a Blueprint for a Mental Health Action Plan for Nova Scotia's Farm Communities, a project that was made possible through the **Canadian Agriculture Partnership (CAP) COVID-19 Agriculture Response Program**.

You can download the Blueprint for a Mental Health Action Plan for Nova Scotia's Farm Communities at [WeTalkWeGrow.ca/ActionPlan](https://www.wetalkwegrow.ca/ActionPlan) or email info@wetalkwegrow.ca to access a copy.



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**IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY,
PLEASE CALL 911 OR GO TO YOUR NEAREST EMERGENCY DEPARTMENT.**

Available Resources:

Farm Family Support Centre

Call for confidential and immediate support
24/7/365: **1-844-880-9142**

Farmers and their families have access to up to 3 hours of service at no cost. Services supported by Farm Safety Nova Scotia. **Find out more at:** farmsafetyns.ca/farm-family-support-center/

Psychological First Aid – Caring for Others

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief on others, with emphasis on self-care and personal protection.

Psychological First Aid – Self Care

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief, with emphasis on self-care and personal protection.

Mental Health First Aid

Farm Safety Nova Scotia is able to offer Nova Scotia's farming community access to Mental Health First Aid (MHFA) training at no cost. Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured

person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague.

Apps



← download

Mobile apps that we recommend: **AVAIL & CALM**
You can find out more details, and a link to your designated app store on the We Talk. We Grow. website.

In the Know Training

The objective of the In the Know mental health literacy training is to address farmer specific barriers to accessing mental health programming and resources. The program identifies the specific struggles of farming, and supports building confidence in recognizing mental health struggles, in talking about mental health, and in helping others.

Upcoming training dates:
April 15, May 5, June 9

Mental Health Webinars with Dr. Howatt

Farm Safety Nova Scotia welcomed Dr. Bill Howatt of Howatt HR to host three webinar sessions related to mental health and wellness.

The sessions are:

- Mental Fitness 101
- Coping with Isolation and Loneliness
- Navigating Crisis

These sessions were recorded and are available upon request.

Microskills

Dr. Bill Howatt, from Howatt HR introduced 20 tactics for maintaining mental fitness during the COVID-19 pandemic. 20 microskills are available to add to your toolbox whether it be for coping during the pandemic,

maintaining your own mental fitness, or working through a traumatic or stressful time.

Visit farmsafetyns.ca/covid-19/maintaining-mental-fitness/

8 Domains of Well-Being

Dr. Andria Jones-Bitton and her team at the Ontario Veterinary College developed the 8 Domains of Well-Being During COVID-19. This is an excellent resource which highlights the following domains:

Emotional, Social, Intellectual, Environmental, Physical, Financial, Occupational, and Spiritual. You can find the domains of well-being located on the We Talk. We Grow. website.

