

Mental Health Help-seeking in Irish Farmers

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Aim 1

Identify the prevalence of **mental health issues** (anxiety, depression, alcohol misuse) and **associated factors** (burnout, sleep issues) in Irish farmers

Aim 2

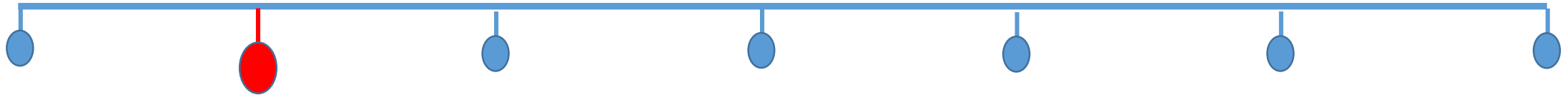
Investigate the **barriers and facilitators** to mental health help-seeking among Irish farmers

Aim 3

Develop and deliver a **bespoke, evidence-based mental health education programme** to improve Irish farmers' **knowledge of mental health issues and help-seeking**

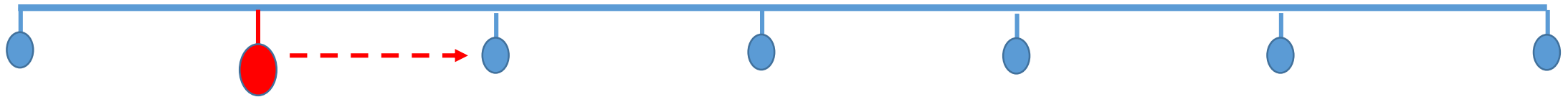


Recently Completed Work



- Review of the Literature on Farmers' Mental Health: A Report – May 2022
[General Mental Health, Depression, Anxiety, Stress, Suicide, Substance and Alcohol Use, Sleep, Exhaustion, Fatigue, Burnout, Social Support, Social Isolation]
- Summary of Available Mental Health Supports for Farmers in Ireland – May 2022
- *Systematic Review of Farmers' Mental Health, Related Factors, and Help-Seeking Behaviour*

Next Steps



Draft In-depth Survey which will identify the prevalence of mental health issues (**substance abuse, mental health literacy, help-seeking intention**) and associated factors (**burnout, fatigue, sleep issues**) in Irish farmers (May 2022)

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Pilot Testing (June/July 2022)

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Conduct Data Collection (August/September 2022)



Thank You

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