



NATIONAL CENTRE FOR  
**FARMER  
HEALTH**

# Look Over the Farm Gate:

Supporting the social and emotional wellbeing of rural farming communities during tough times

**Alison Kennedy**

**National Centre for Farmer Health**

Acknowledgement to Vic Government funding and the contribution of LOTFG partners including the VFF, CWA, CFA & RFDS.

# 'Look over the farm gate'

Look out for them. look out for you



[www.lookoverthefarmgate.org.au](http://www.lookoverthefarmgate.org.au)



# LOTFG Campaign Elements



Donald, VIC

Health and wellbeing workshops

Community events

Support tools

- Managing Stress on the Farm booklet
- Teabags
- 'To do' lists
- Magnets with crisis info

Information website

# Workshop format

## Planning

- Engage 'Community Champions'

## Delivery style

- Tailored, industry specific

## Delivery times

## Social connection opportunity

## Networking & support identification

## Support resources

## Evaluation



Boort, Victoria

# Workshop content

## **Session 1: Rural Health, Mental Health and the Impact of Tough Times**

Rural and farmer health and wellbeing

- Inequity, cardiovascular, alcohol, fatality rates

Flow on effect of poor health

How tough times affect farmer health

- 10+ years NCFH experience

# Workshop content

## **Session 1: Rural Health, Mental Health and the Impact of Tough Times, cont.**

Recognising, understanding & responding to stress

- Individual differences
- emotional & physical signs

NEW for 2019 – Family violence

# Workshop content

## Session 2: Understanding and responding to people in distress during tough times

Managing conversations with people in distress

- +/- examples
- Small group activity
- Group discussion

Knowing your resources

- General & local

Tips for keeping well



Numurkah, VIC

# Evaluation

- Opportunity for improvement
- Reporting for Vic Government
- Reporting for industry partners
  - Help to secure funding

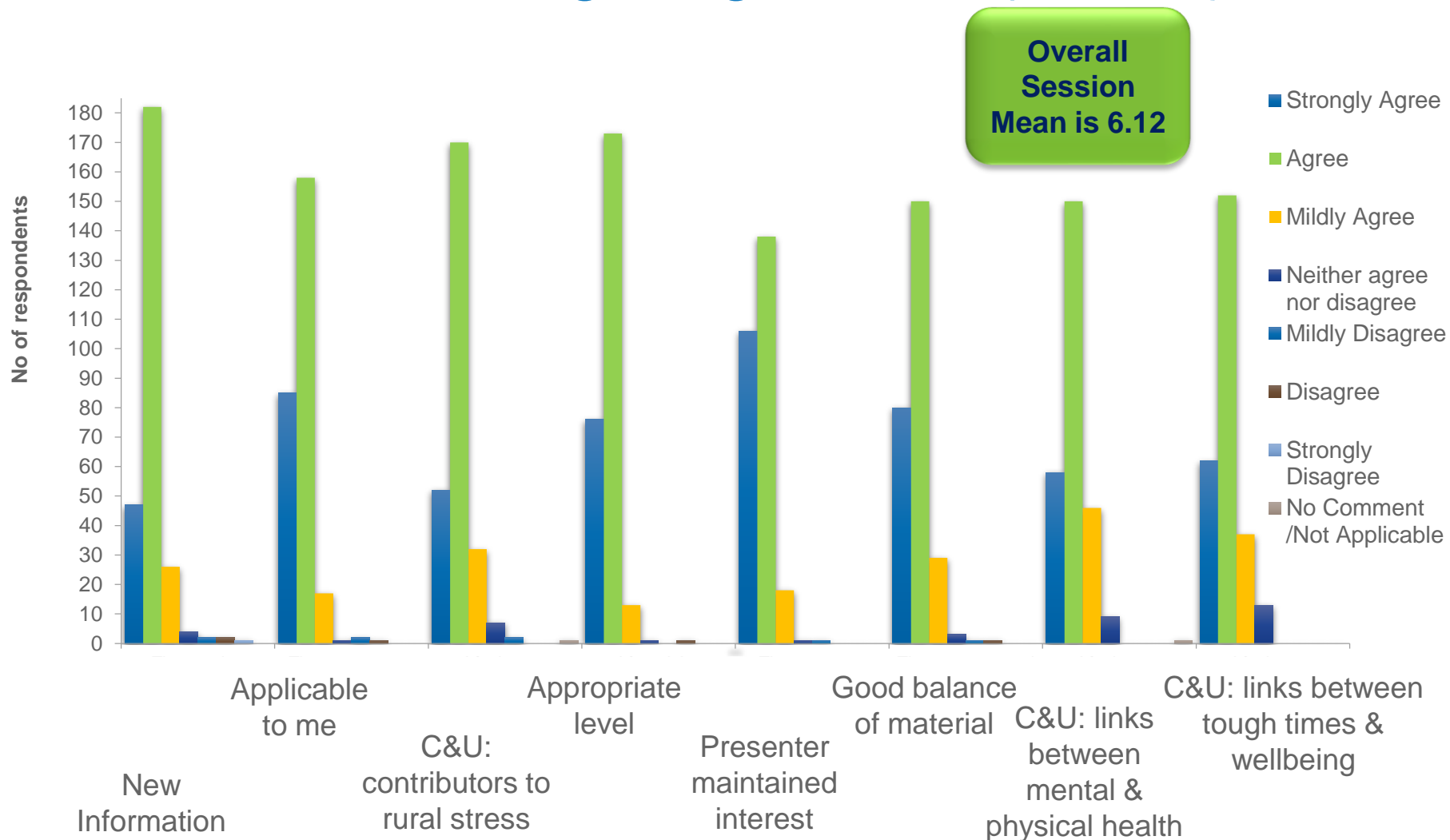


Workshop locations to date

**24  
workshops  
to date**

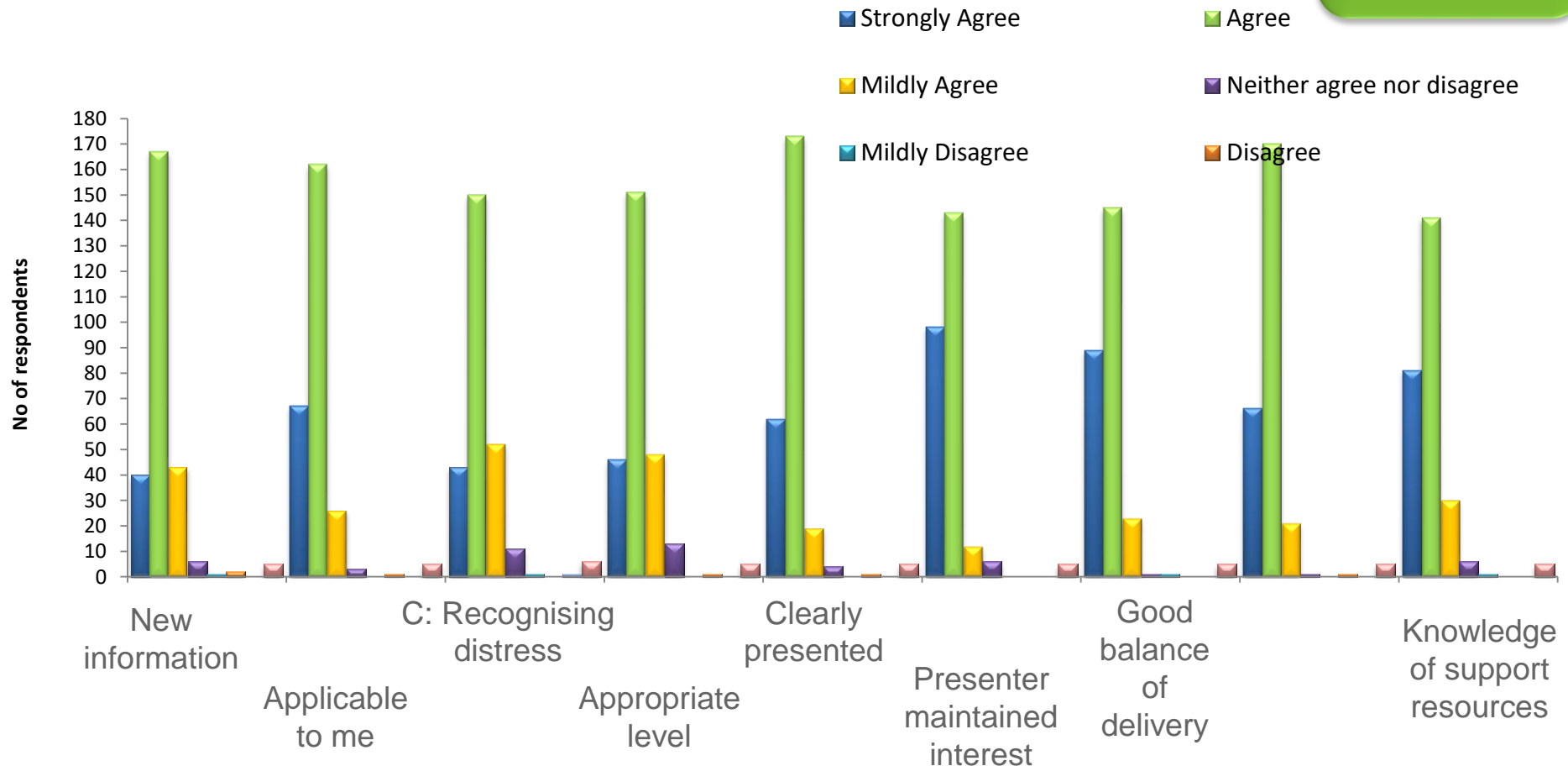


# Thinking about rural health, mental health and suicide during tough times (n=264)

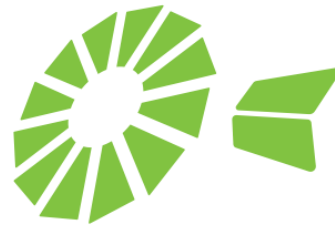


# Understanding and responding to people in distress during tough times (n=264)

Overall Session Mean is 6.10



# Thank you to our partners



Victorian  
Farmers  
Federation



Royal Flying  
Doctor Service



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HEALTH**

Thank you

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