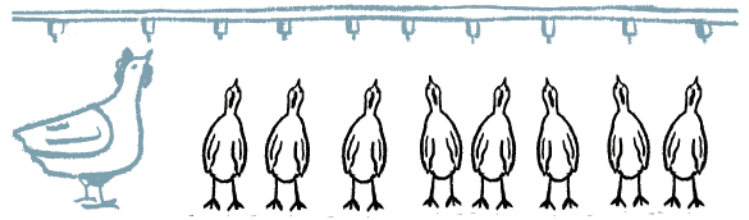
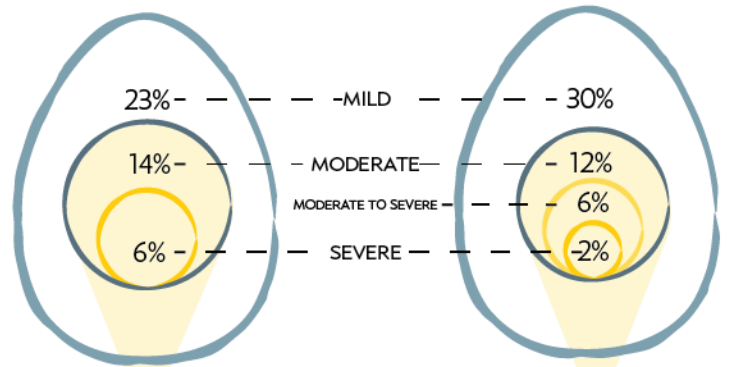


RESULTS FROM THE 2021 SURVEY OF FARMER MENTAL HEALTH IN CANADA



APPROX. **83%** OF FARMERS HAD LOWER RESILIENCE SCORES THAN THE U.S. GENERAL POPULATION



20% MODERATE TO SEVERE ANXIETY DISORDERS SIGNIFICANTLY HIGHER THAN THE CANADIAN GENERAL POPULATION DURING COVID-19

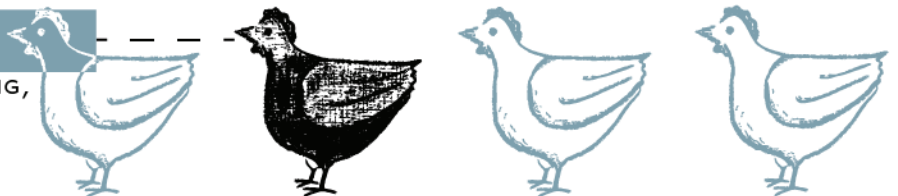
20% MODERATE TO SEVERE DEPRESSIVE DISORDERS SIGNIFICANTLY LOWER THAN THE CANADIAN GENERAL POPULATION DURING COVID-19

76% OF FARMERS WERE CLASSIFIED AS EXPERIENCING MODERATE OR HIGH PERCEIVED STRESS



SUICIDE IDEATION IS OVER **2x HIGHER** IN FARMERS THAN THE GENERAL POPULATION:

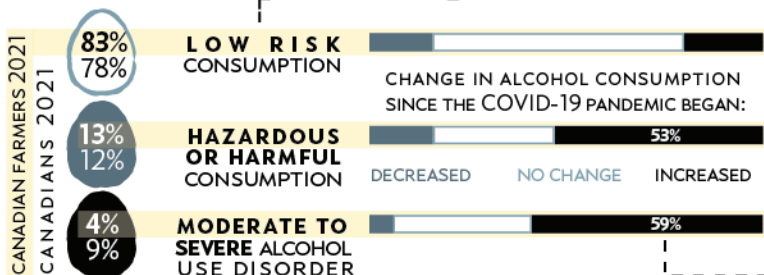
APPROX. **1 IN 4** CANADIAN FARMERS FELT THEIR LIFE WAS NOT WORTH LIVING, WISHED THEY WERE DEAD, OR THOUGHT OF TAKING THEIR OWN LIFE IN THE LAST 12 MONTHS



STRESS COPING METHODS USED BY FARMERS SIGNIFICANTLY **MORE** THAN THE GENERAL POPULATION:



AVOIDING OTHERS DRINKING ALCOHOL SELF BLAME SLEEPING MORE EATING MORE OR LESS



CANADIAN FARMERS HAD SIGNIFICANTLY **HIGHER ALCOHOL USE SCORES** THAN SCALE NORMS.

THE MAJORITY OF FARMERS WHO WERE CATEGORIZED AS HAVING HAZARDOUS/HARMFUL CONSUMPTION OR MODERATE TO SEVERE ALCOHOL USE DISORDER REPORTED AN **INCREASE** IN THEIR DRINKING SINCE THE START OF THE PANDEMIC.

FARMERS HAD SIGNIFICANTLY **HIGHER** SCORES ON ALL 3 SUBSCALES OF THE MASLACH BURNOUT INVENTORY COMPARED TO POPULATION NORMS. HIGH EXHAUSTION & CYNICISM ARE 2 OF THE 3 COMPONENTS OF **BURNOUT**.

