

Thematic Group on Supporting the Mental Health of Farmers and Farming Communities

Agenda

1st TG Meeting

27 February 2024

Online



The first meeting aims to:

- Introduce the Thematic Group and its members, outlining the mission and objectives of the group.
- Explore and discuss various approaches that effectively address mental health challenges among farmers and farming communities in EU Member State.
- Engage participants in meaningful discussions to collectively explore solutions and reflect on key elements required to address challenges and barriers (physical, social, economic, and personal) to accessing mental health support in farming communities.
- Increase awareness about mental health challenges in farming settings and their consequences on individuals and businesses.
- Reviewing and co-designing the next steps of the TG (in-between meetings and second TG meeting) with participants.



Timing	Agenda item
8.30 – 9.00	Registration – virtual meeting room opens
9.00 – 9.15	Introduction Introduction to the Thematic Group (<i>CAP CP</i>)
9.15 – 9.30	Getting to know TG members – Ice breaker activity
9.30 – 10.30	Setting the scene: Exploring the state of play and presenting good practices for farmers' mental health support Plenary discussion
10.30 – 10.45	<i>Coffee break</i>
10.45 – 12.45	Online World café: Discussing mental health challenges and barriers as well as possible approaches <ol style="list-style-type: none"> 1. At farm/individual level 2. At local communities' level 3. Mental health (formal) supports
12.45 – 13.00	Conclusions – summary and next steps <ul style="list-style-type: none"> • Main take-aways from the day • Next steps for the Thematic Group

