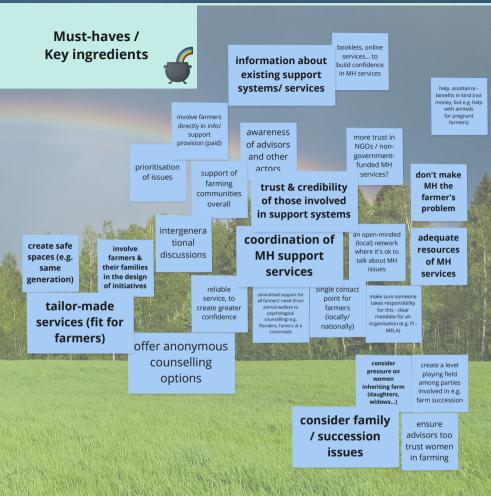


Women are key contributors to the conversation on mental health, being more open to talk about these issues and to read early signs of distress. Learning networks for women farmers are proving successful.

Another important step is to build a local support system that is based on trust. This can be done also by involving local communities and informing them about the available options and services for mental health support. Successful tools include helplines and disseminating information through veterinarians and others connected to the farming environment.

The support for mentoring and knowledge transfer was also mentioned, particularly for young people, with a strong emphasis on intergenerational discussions. Finally, the importance of societal support at large was emphasised.



TG members then focused on the key ingredients for successful mental health support on farms. These include having trustworthy and credible people in the support services; coordinating mental health services effectively; involving farmers and their families in the design and possibly the provision of mental health support; tailoring services to farmers' needs; and ensuring they are reliable safe spaces, including by offering anonymous counselling options. It's also important to provide information about existing support systems, for example through advisors and veterinarians when they visit farms (advisors don't reach all farmers).

Peer support and learning networks were also seen as essential for addressing farmers' mental health. Finally, the discussions touched on the pressure faced during successions, particularly in family farms – and especially for women inheriting the farm – and on the importance of generational renewal.

The information and views set out in this document are those expressed by the members of the EU CAP Network's Thematic Group on Nurturing Skills for a Thriving and Sustainable Agricultural Sector and do not necessarily reflect the official opinion of the European Commission.