

October 8, 2020

## Apply Now to Host Agriculture Mental Health Workshops

*Do More Agriculture Foundation is now accepting applications from groups to host mental health workshops in 2021*

**Do More Ag** is now accepting [applications](#) from groups interested in hosting agriculture mental health workshops in 2021. The workshops are provided free of charge through the Community Fund for Mental Health, which is funded by Farm Credit Canada and other Do More Ag partners.

The application is an opportunity for municipalities to host an in-person session of the same material covered in a webinar [RMA shared last week](#). This free workshop provides information on topics such as:

- ◆ The signs and symptoms of mental illness, anxiety, depression, stress, and substance use, including the unique factors that the agriculture industry experiences in these areas
- ◆ How to prepare and have conversations with someone who you identify may be experiencing a mental health challenge
- ◆ How to support others and yourself, and how to access resources
- ◆ Self-care and prevention strategies for mental wellness

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