

OUR FARMERS ARE SUFFERING

- Farmer suicide rates are 2 to 5x higher than the national average with a 40% increase in suicide rates in the last two decades *(CDC)*
- 46% of farmers say it is difficult to access a mental health professional in their community *(American Farm Bureau)*

FARMERS DON'T SEEK HELP CITING THESE BARRIERS



87% say cost



65% cite access



70% specify stigma

(American Farm Bureau)

Learn + Do = Better

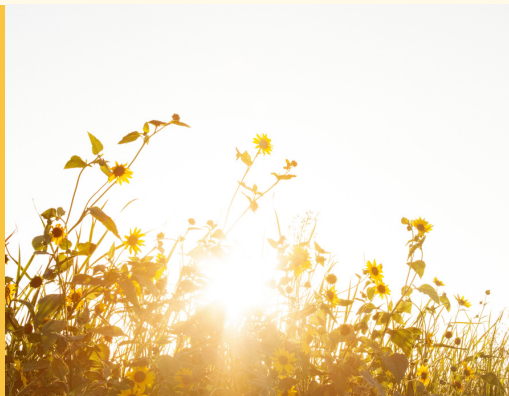
Eliminate depression with an affordable plan of lessons & activities

- Access the plan on any device from any location
- Built on highest quality research since 1927
- Created by team of internationally respected experts
- Teaches proven strategies with long-lasting effects



21 LESSONS

Done at your own pace that easily integrates into a busy life



PRIVACY PROMISE

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