

Mental Health 101:

Warning Signs and Resources



Mental Health 101: Warning Signs and Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources

Framework

- I. Framework
 - I. Generalizations and Nuances
 - II. Many Variables
 - III. Many Perspectives
 - IV. Complicated and Challenging
 - V. Biopsychosocial
 - VI. Bronfenbrenner Systems Theory
 - VII. Person in Environment
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Farmers

Framework

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Distress

Framework

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Mental Health

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Mental Illness

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Mental Illness Spectrum

Framework

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There is not a
set formula for
mental illness

Framework

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Mental illness is
a complex
accumulation of
events

Framework

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Weather

Framework

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Commodity Prices

Framework

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Animal Fatality

Framework

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Yields

Framework

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Equipment Needs

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Family

Framework

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Legacy

Framework

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Policies

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Subsidies

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Access to Care

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Stigma

Framework

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Economic Health

Framework

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Supply

Framework

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Demand

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And on and on
and on

Framework

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Psychological

Framework

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Environmental

Framework

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Social

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Political

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Historical

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Economical

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Cultural

Framework

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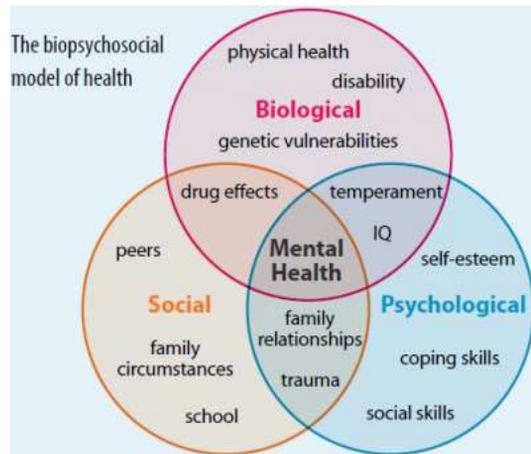
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The biopsychosocial approach systematically considers biological, psychological, and social factors and their complex interactions in understanding health, illness, and health care delivery.

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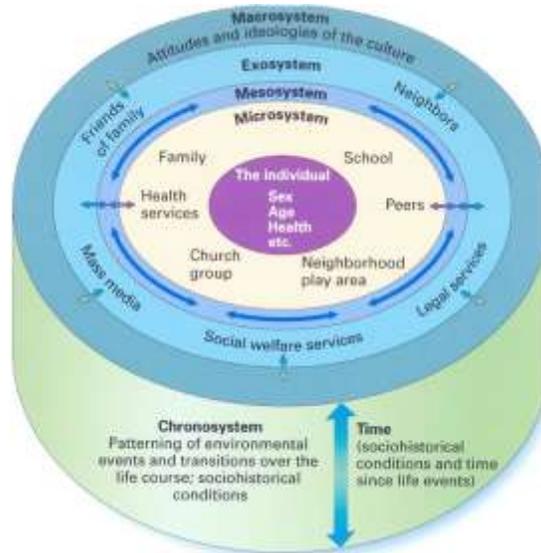
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Bronfenbrenner believed that a person's development was affected by everything in their surrounding environment.

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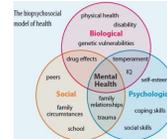
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Use a person in environment perspective while trying to understand warning signs and properly identify resources

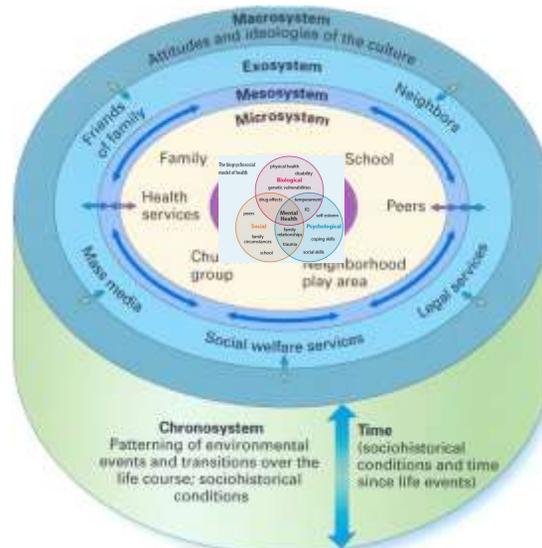
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Brief look at Farmer Distress

- I. Framework
- II. Brief look at Farmer Distress
 - I. Constraints and Stressors
 - II. Accumulation Cost
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Brief look at Farmer Distress

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Debt

Brief look at Farmer Distress

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Addiction

Brief look at Farmer Distress

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Environmental
Problems

Brief look at Farmer Distress

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Commodity Values

Brief look at Farmer Distress

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Family Responsibilities

Brief look at Farmer Distress

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Perceived
Government
Apathy

Brief look at Farmer Distress

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Increased cost of
cultivation

Brief look at Farmer Distress

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Income

Brief look at Farmer Distress

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Asset values in the
industry

Brief look at Farmer Distress

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High Stress

Brief look at Farmer Distress

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Mental Health
Issues

Brief look at Farmer Distress

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Stigma and/or
access to care

Brief look at Farmer Distress

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Crisis

Brief look at Farmer Distress

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Suicide

Brief look at Mental Illness

- I. Framework
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- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. Mind Body Connection
 - V. Hierarchy of Disorders
 - VI. "Rules"
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- V. Resources

Brief look at Mental Illness

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26.2% Americans over the age of 18 suffer from a dispoasable mental disorder in any given year

Brief look at Mental Illness

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About one in four adults

Brief look at Mental Illness

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Prevalent of mental disorders in children is not well documented.

Brief look at Mental Illness

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Estimated that about 20% have at least mild function impairment

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Anxiety → 40 Million

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Mood Disorders
→ 20.9 Million

Brief look at Mental Illness

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Substance Abuse Disorders
 → Often Co-occurring

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Humans do not fit into
 neat categories

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Comorbidity is the rule

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Comorbidity is the rule –
rather than the exception

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Predisposition
 Precipitation
 Provocation
 Perpetuation

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Predisposition (vulnerability) – Biologically

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Predisposition (vulnerability) – Biologically
 Precipitation (initiation) – something that
 happens to induce it

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Predisposition (vulnerability) – Biologically
 Precipitation (initiation) – something that
 happens to induce it

Provocation (exacerbation) – Make it
 worse, if low protective factors

Brief look at Mental Illness

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Predisposition (vulnerability) – Biologically
 Precipitation (initiation) – something that happens to induce it
 Provocation (exacerbation) – Make it worse, if low protective factors
 Perpetuation (what keeps it going)

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- V. Resources

Happenings in the mind can manifest physically

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Example: feeling 'butterflies' in your stomach when you are nervous for an interview

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Example: PTSD manifesting as hot flashes, nausea, stomach pains, etc...

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

And vice versa

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
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- V. Resources

Almost all psychiatric presentations could be caused by a general medical condition

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
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 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
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- V. Resources

May look identical to be a psychiatric disorder

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
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- V. Resources

A few examples of general medical conditions causing psychological symptoms

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. **Mind Body Connection**
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

A few examples of general medical conditions causing psychological symptoms:

- Hyperthyroid → Intense anxiety, Psychosis
- Hyperparathyroidism → Depression, paranoid ideas, delirium
- Hypothyroid → Depression
- Cardiac Problems → Anxiety
- Parkinson's Disease → Depression
- Postoperative Complications → Delirium

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. Mind Body Connection
 - V. **Hierarchy of Disorders**
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Most Severe
 Substance Abuse
 Psychotic
 Mood
 Somatic
 Anxiety
 Sexual
 Personality
 Adjustments
 No Disorder
Least Severe



Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. Mind Body Connection
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Symptoms are what the person complains of..

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. Mind Body Connection
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Signs are what you notice..

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. Mind Body Connection
 - V. Hierarchy of Disorders
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Rule: When symptoms & signs could be explained by several different disorders

look for the single most severe disorder that would entirely explain them

Brief look at Mental Illness

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
 - I. How common?
 - II. Most Prevalent
 - III. Four "Ps" of Causation
 - IV. Mind Body Connection
 - V. **Hierarchy of Disorders**
 - VI. "Rules"
- IV. Warning Signs
- V. Resources

Most Severe
 Substance Abuse
 Psychotic
 Mood
 Somatic
 Anxiety
 Sexual
 Personality
 Adjustments
 No Disorder
Least Severe



Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Emotional Outbursts

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Loss of interest in things previously
enjoy (hobbies)

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Poor concentration, confusion;
forgetfulness

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Uncertainty or trouble making
decisions

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Relationship problems

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Over reacting

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Sad mood

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Feeling anxious

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Change in personality, irritability

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Negative thinking

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Wanting to withdraw from people
and activities

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Increased smoking/drinking

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Frustration

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
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- V. Resources

irritability

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

hopelessness

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Restlessness

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Impatience

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

forgetfulness

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Panic Attacks

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Withdrawal from relationships

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. **Behavioral**
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Talking about suicide or ending it all

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical
 - III. Negative Coping Mechanisms
- V. Resources

Giving away possessions

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. **Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Warning Signs

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- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
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Giving away possessions

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Poor or disturbed sleep

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Weight loss or gain

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Changes in appetite

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Stomach or Gastrointestinal
problems

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Clenching or grinding teeth

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Chest pain

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Poor hygiene

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Sweating

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

dry mouth

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

headache

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

backache

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Intestinal Distress

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

hunched shoulders

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical**
 - III. Negative Coping Mechanisms
- V. Resources

Flushed

Warning Signs

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
 - I. Behavioral
 - II. Physical
 - III. Negative Coping Mechanisms**
- V. Resources

Revengeful thoughts

Passivity / Apathy

Withdrawal

Frequent Denial

Frequent Tantrums

Unusual Stubbornness

Abusing Alcohol

Manifestation of Illness

Fault finding

Abusing Drugs

Excessive Eating

Using Tobacco

Decreased appetite

Intense Worrying

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. Messo
 - III. Macro

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. **No Set Formula**
 - II. Systems Framework
 - I. Micro
 - II. Messo
 - III. Macro

There is not a set formula for mental illness

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. **No Set Formula**
 - II. Systems Framework
 - I. Micro
 - II. Messo
 - III. Macro

There is not a set formula for mental wellness

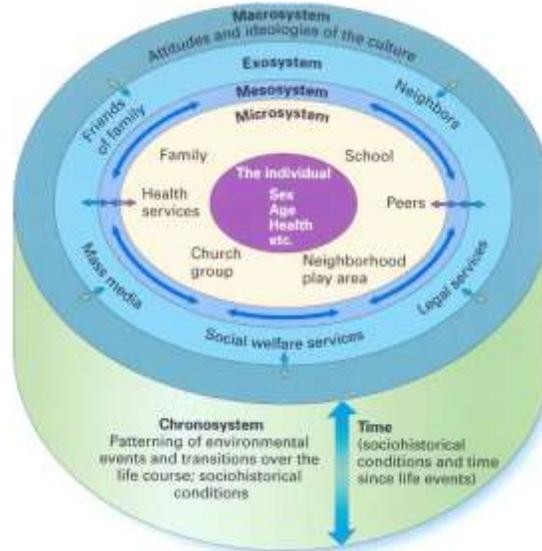
Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. **No Set Formula**
 - II. Systems Framework
 - I. Micro
 - II. Messo
 - III. Macro

A complex accumulation of events

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. **Systems Framework**
 - I. Micro
 - II. Messo
 - III. Macro



Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. **Systems Framework**
 - I. **Micro**
 - II. Messo
 - III. Macro

Continued Education

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. Messo
 - III. Macro

Take Care of Yourself

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. Messo
 - III. Macro

Breathe

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. **Micro**
 - II. Messo
 - III. Macro

Stay Calm

—

Mirroring

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. **Micro**
 - II. Messo
 - III. Macro

Quick Exercise:
Box Breathe

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. **Micro**
 - II. **Messo**
 - III. **Macro**

Diet: Increase fresh fruits and vegetables, grains, fiber and lean meat. Decrease salt, fat, caffeine and refined sugar.

Lifestyle changes: Exercise more, improve time management, take more time for yourself and learn to relax. Breathing.

Relationships: Surround yourself with positive people, talk about your worries, ask for help and keep your sense of humor.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. **Micro**
 - II. **Messo**
 - III. **Macro**

Join Coalitions or Community Support Groups

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

Be Active in Your Community

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

Reach Out to People Directly

Resources

- I. Framework
- II. Brief look at Farmer Distress
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- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

Reach Out to People Directly

1. Listen Patiently
2. Respond with Empathy
3. Refer and/or tell family member

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

You don't have to be a trained counselor to make a difference. You just have to be brave enough to approach the person and let him or her know you care.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Listening is the most important thing you can do! Allow the person to express anger, fear and anxiety, and share honest feelings and perceptions of the situation.

Resources

- I. Framework
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- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Repeat what you heard: facts, content, the problem, his or her feelings (“I hear you saying... It sounds like you are ... So what you’re telling me is... .”)

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Never provide reassurances (“Don’t worry, it will be fine.”)

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Never dismiss the problem (“Everyone has troubles.”)

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Listen attentively; try to understand what he/she is saying, feeling, thinking. Reflect back what you hear to give the person a chance to clarify and voice his/her concerns.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Reinforce positive thinking and responses, and help problem solve. Validate them. Help the person make a plan. What's the first step? How can I help?

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Remain calm if the person expresses suicidal thoughts. Talk about it. In most cases, the person is relieved to tell someone.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

1. Listen Patiently

Talking about the situation out loud can release some of the deep emotions inside and allow the person to hear for himself or herself that he or she needs to seek help.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

2. Respond with Empathy

Ask questions about changes you observe.

– “I see you have trouble concentrating. You asked me to repeat the same information several times in our visit today, unlike our usual visits.”

– “I noticed you’re really quiet. Is there something bothering you?”

– “Tell me how you’re managing.”

Resources

- I. Framework
- II. Brief look at Farmer Distress
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- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

2. Respond with Empathy

Don’t try to analyze and interpret, and don’t tell the person about someone who has a worse situation.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
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 - I. Micro
 - II. **Messo**
 - III. Macro

2. Respond with Empathy

Stating your specific concern about his/her situation is the best way to avoid analyzing or arguing about the person's safety.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

3. Refer and/or tell a family member

Ask for permission to provide some options

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

- 3. Refer and/or tell a family member

An important goal, and often the most difficult for us to do, is to get that person to seek help and/or engage in healthier coping mechanisms

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. **Messo**
 - III. Macro

- 3. Refer and/or tell a family member

Provide information about the various options and resources.

Resources

- I. Framework
- II. Brief look at Farmer Distress
- III. Brief look at Mental Illness
- IV. Warning Signs
- V. Resources
 - I. No Set Formula
 - II. Systems Framework
 - I. Micro
 - II. Messo
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Be aware of upcoming policies in local, state, and federal government

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farm crisis center 

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Quick Review on How to Help

Take Care of Yourself and Breathe

Reach out to People Directly and Support Your Community

Be aware of upcoming policies and events in local, state, and federal government