

Mental Health Challenges

Seasonal agricultural workers share many common situations which can become a challenge to mental health.

Some of the challenges include:

- Away from home and family
- Limited social support
- Language and cultural barriers
- Hours and conditions of work
- Housing conditions
- Limited time and opportunities for leisure and social activities
- Dietary changes



Anyone can experience challenges or problems with their mental health

Asking for help is **NOT** a weakness or something to be ashamed of.... getting help and support can stop problems from becoming too much to handle or from causing other problems to start.



Getting Help

If what you are trying to cope with causes any of the following feelings or behaviours you may need to ask for professional help:

- Inability to sleep
- Feeling down or hopeless
- Difficulty concentrating
- Using drugs, alcohol to cope
- Negative or self harm thoughts
- Thoughts of death or suicide



Resources and Supports

Mental Health Helpline

1-866-531-2600



Free information about mental health services in Ontario

Service available in 170 languages

Identify your language and the call will be connected with a translator for a three-way conversation.

This pamphlet is possible with support from:



Community Addiction and Mental Health Services of Haldimand and Norfolk

**Achieve Mental Health
Wellness & Recovery Centre**



Mental Health Information for Farm Workers



“I left my family to come and work but I worry if things are okay at home, I think a lot about them and miss them.”

“I work very hard, I’m tired but I’m not sleeping very well.”

“There are others here but at times I feel lonely and depressed. I miss many things and it makes me very sad.”

“The feelings that I’m having worry me.....”

**The feelings are normal...
You are not alone**

Good Mental Health

Good mental health is being able to feel, think and act in ways that allow us to enjoy life and deal with life's challenges.

Everyone has good days and bad days but with good mental health the ability to cope, thrive and enjoy life is improved.



People with good mental health:

Have the ability to 'bounce back' and cope with challenges and not let it knock them down and keep them down.

Have a positive attitude and approach new situations with an 'I can' attitude.

Appreciate what they have and set goals to achieve what more they want out of life.

Can adapt when situations change and are comfortable to learn new skills to deal with change.

Believe in themselves and their ability to tackle the challenges of life.



Good Mental Health

The mind and body are linked

Work demands and schedule, as well as living situation, can make it hard to have control over physical activity and sleeping and eating routines. This can cause extra stress that challenges mental health.

Eat a healthy and balanced diet to maintain overall physical and mental health. Include foods that give you pleasure, seek out familiar foods and share a meal with friends. Eating foods you enjoy and eating with others can have a positive impact on mental health.



Include physical activities in your day that are fun and a break from your physical work routine. Fun activities can provide relief from stress and support good mental health.

Develop a routine for regular sleep. Getting enough sleep helps maintain physical health and being rested helps to deal with day to day challenges.

Limit alcohol, cigarettes and other drugs as they are a stress on physical health. Seek medical help if you are having health issues - feeling ill or living with pain is a major stress on both physical and mental health.



Improve Mental Health

Activities that make you 'feel good' help to build mental health.

Learn or discover something new. Challenging your mind in a new direction helps to exercise your brain, build skills and improves mental health. Visit the library, read a book, do a puzzle.



A simple activity such as a walk in the park can be relaxing and helps to reduce stress and lower blood pressure.

Include activities in your day of things that look, sound, feel, smell and taste right to you - listen to music that gives you joy or treat yourself to a special food that makes you happy.



Include fun activities in your day. Get together with others and play a game. Fun is necessary as it provides balance with work and builds mental health.



Build friendships, the company of others helps us to feel good and be our best.

Find others you trust who you can talk to about issues and feelings. Church, social or cultural groups, farm worker support networks can all provide support to help deal with any challenges.

