

# WELLBEING FOR FARMING FAMILIES



## A quick guide

Many people in rural communities are facing pressures they find difficult to cope with and need to speak to someone about their problems.

If you would like to talk to someone yourself, or if you are worried about a family member or friend, call **Lifeline 13 11 14** or a support line in your State (see below). Even if you don't need the number now, put it in your phone book and keep it handy for future use.

### PRESSURES ON FARMERS

Farmers are facing increased pressure from external sources such as weather/drought, government legislation and reduced finance from economic conditions that impact on commodity prices and interest rates.

Pressures also come from within our farm business, farm family and from individual goals and needs. Issues such as lack of time to get things done, different goals of family members for business direction and difficulty finding, paying and keeping good workers cause pressure on farm family businesses.

We also have special circumstances in that we live where we work which means we take our work 'home' and we are isolated from services and social interaction.

### MANAGING PRESSURES

We should do what we can to reduce unwanted pressure from within and without! However, we also need to make our business, our family and ourselves individually more resilient so that we can deal with the pressures that we can't change immediately. We cannot afford to let those pressures get us down to the point where damage is being done to our productivity, our family life or our enjoyment of life.

[Managing the Pressures of Farming](#) is an easy to use checklist with ideas to assist you and your family. The materials were developed in discussion with farmers to identify and manage the most difficult pressures you face and has been used widely across Australia. The main issues covered are:

- Your business;
- Family; and
- Yourself

Checklist guides and information include:

- Financial Performance and Financial Position
- Business Planning
- Succession Planning
- Workforce Management
- Government Legislation
- Working with Computers

- Marketing
- Managing Stress
- Farm Family Matters
- Rural Financial Counselling Services

The resource aims to point to the things we can do as a business, family and by yourself to manage the pressures in farming. It won't help you deal with all of your pressures and some of the options may not suit your situation - you may also be doing a lot of the things already. However, it is a good guide for you to do a quick "maintenance check" and to start mapping out a plan of how your farm family business is going to manage the stressful pressures in farming now and in the years ahead.

### **IMPORTANT CONTACTS**

Remember - if you would like to talk to someone yourself, or if you are worried about a family member or friend, there are many agencies that can help. A comprehensive list of agencies is available on the [National Mental Health Commission website](#). Some of the well known free 24 hours services include:

**Lifeline - 13 11 14**

**Suicide Call Back Service -1300 659 467** (for people who are suicidal, caring for someone who is suicidal, bereaved by suicide or are health professionals supporting people affected by suicide).

**Kids Help Line - 1800 55 1800** (specifically for young people aged between 5 and 25).

**Beyondblue - 1300 22 4636**

#### State Crisis Numbers

**ACT - 1800 629 354** (Mental Health Triage Service)

**NSW - 1800 011 511**(Mental Health Line)

**NT - 08 8999 4988** (Top End Mental Health Service)

**QLD - 13 43 25 84** (13 HEALTH)

**SA - 13 14 65** (Mental Health Assessment and Crisis Intervention Service)

**TAS - 1800 332 388** (Mental Health Services Helpline)

**VIC - 1300 651 251** (Suicide Help Line)

**WA - 1800 676 822** (Mental Health Emergency Response Line)

**The Farm-Link Project** (University of Newcastle Centre for Rural and Remote Mental Health)  
 38-42 Byron St, Inverell NSW 2360      Ph: 02 67 210074      Mb: 0427 072 105  
 Email: [farmlinkinverell@gmail.com](mailto:farmlinkinverell@gmail.com)

© **The Australian Centre for Agricultural Health and Safety 2015 (revised)**  
 PO Box 256 Moree NSW 2400      Ph: 02 6752 8210  
 Email: [info@farmSAFE.org.au](mailto:info@farmSAFE.org.au)