

Farmer Wellness Initiative

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The Farmer Wellness Initiative offers farmers across Ontario and members of their household access to free counselling sessions with a mental health professional. The mental health professionals have received training to understand the unique needs of Ontario farmers. Accessible 24 hours a day, 7 days a week, 365 days a year, in English and French, farmers can call 1-866-267-6255 to speak to a counsellor. This service is provided by LifeWorks.

The Farmer Wellness Initiative is supported by the Canadian Mental Health Association-Ontario Division, in partnership with the Ontario Federation of Agriculture, and aims to protect and enhance the mental well-being of farmers and their families. This initiative is funded by the governments of Canada and Ontario, and through the Canadian Agricultural Partnership (the Partnership), a 5-year federal-provincial-territorial initiative.

This program will provide valuable support for the agricultural community by giving farmers easy access to a comprehensive network of mental health counselling and crisis services. Together, we can break the silence. Please visit the [Farmer Wellness Initiative website](#) to learn more.



**FARMER
WELLNESS
INITIATIVE**

**Call today
1-866-267-6255**

**We're available
24/7/365**

 **CANADIAN
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