



## Farm Family Members Mental Health Training

### Farm Family Members Wanted

We are looking for you to participate in a 1hr mental health awareness training to build skill in how to spot and support someone such as a family member in mental health distress.

If you are a **farm family member** who is **over 18**, English speaking, who contributes to the farm but are not the primary farmer, Please contact:

*[jack.sweeney@dcu.ie](mailto:jack.sweeney@dcu.ie)*

# What is it?



The training is a 1 hr workshop that will go through a range of topics surrounding mental health.

These will include; what mental health is, what help-seeking is and what it looks like, along with the practical skills to spot poor mental health in those around you and how to start that conversation with someone you are concerned about.

The training has been built from the ground up to support the needs of farm family members and those who live in rural populations. It has been designed, developed, and presented

**For farm family members,  
By farm family members.**

## How to Join

The training is designed to be run anywhere, from community halls to hotel conference rooms to your local meeting place.

We've designed the training to be flexible to accommodate the needs and the time constraints of farm family members' hectic lives. So we will meet you where you are so to speak.

Due to the rural and diverse geographical locations of farm family members, we will rely on those who are interested in the training to come together (10 or more participants) and designate a suitable time and place for the training, be it your local community hall, church or hotel.

But, with that said, the training is a **FREE** service we provide and depending on venue and numbers, we may be able to provide support with costs for venue hire.

Please contact me via email at: [jack.sweeney@dcu.ie](mailto:jack.sweeney@dcu.ie)  
or via phone: +353 0838262487