



ifarmwell.com.au

growing farmers' wellbeing



ifarmwell.com.au is a new online tool kit to help Australian farmers effectively manage life's challenges and get the most out of every day

It has been designed based on

- what farmers want
- what research shows will help

We are currently evaluating the impact of this website. If you...

- are 18 years of age or older
- have access to the internet, a mobile phone
- you OR your partner currently own OR play an active role in the operation of a **farming or pastoral enterprise** in Australia,

we would **really value** your help.

You do not need to be experiencing poor mental health to help test this website.

It has been designed to help improve ALL farmers' wellbeing.

Visit www.ifarmwell.com.au to register and help test this important new, confidential, free and farmer-focused resource today.

Your assistance would be greatly appreciated.



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