

Conversation starter

Have you considered trying the ifarmwell website?

It is a free, confidential website you can access from your computer or phone.

It was developed with Australian farmers, for Australian farmers.

It might

- help to put you in a good position to make decisions
- help you get a different perspective on the way you are thinking and feeling
- help to reduce your levels of stress

Lots of farmers are finding it useful.

It has actually been designed to help all farmers get more out of life and manage things beyond their control like the weather [INSERT OTHER RELEVANT WORRIES].

It is not just for people with mental health issues.

Can I show you where to find the website?

I've had a look at it and think [INSERT WHAT YOU KNOW]

Here is a flyer/ mouse pad/ pen to help you remember to come back and look at it later.

Let's talk about it again next time we catch up.



No, what is that?

Why would I need to look at that?

But I don't have a mental health problem!

