

Every day, Wisconsin farmers and farm families face challenges due to the demands of the job, financial uncertainty, and changes outside of their control that impact their lives and livelihoods. These chronic challenges can lead to chronic stress, which can affect mental and physical well-being, relationships, and decision-making. Historically, seeking support was difficult in rural areas, but there are now a variety of programs available across the state to help families and communities rally together to address critical mental health needs.

Interested in one of our programs? Contact:

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**Visit our website
for more information:**

GO.WISC.EDU/FARMERWELLBEING



PROGRAM OVERVIEW

Extension offers the following programs to raise awareness and reduce the stigma around mental health challenges while teaching rural community members how to provide support and understanding in an empathetic and appropriate way. These programs are designed to build participant confidence around mental health issues and to provide connections to local, state, and national resources.

Changing Our Mental and Emotional Trajectory (COMET™)

COMET™ is a gentle introduction to learning how to support a friend or neighbor in a vulnerable space by helping them shift their mental health trajectory back to a place of wellness and away from the path of a mental health crisis. Participants learn about initiating supportive interactions for potentially emotional conversations, how to exit conversations in a supportive way, and about resources to share with others if they need more than just a listening ear.

TIME: 2 hours

FORMAT(S): In-person or virtual

COST: Currently free

Program Website: farms.extension.wisc.edu/programs/comet



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Mental Health First Aid

Just as CPR teaches you how to help someone having a heart attack, Mental Health First Aid covers how to help someone experiencing mental health challenges such as depression and anxiety, panic attacks, substance misuse, or suicidal thoughts. The program gives participants the skills and confidence to provide initial support and respond in both crisis and non-crisis situations.

TIME: 8 hours *(including breaks and meals)*

FORMAT(S):

Blended virtual *(2 hours online pre-work, 5.5-hour virtual workshop)*

Blended in-person *(2 hours online pre-work, 5.5-hour in-person workshop)*

Fully in-person *(7.5-hour in-person workshop)*

COST: Currently free

Program Website: wirose.wisc.edu/mental-health-first-aid/



WIROSE is funded through a Rural Opioid Technical Assistance grant from the Substance Abuse and Mental Health Services Administration. [samhsa.gov](https://www.samhsa.gov)

Question, Persuade, Refer (QPR)

QPR is a program that provides training specific to suicide prevention. Participants will learn about the common causes of suicidal behavior, the warning signs of suicide, and how to get help for someone in crisis.

TIME: 1 to 1.5 hours

FORMAT(S): In-person or virtual

COST: Currently free

Supported by the CHS Farmer Well-Being Project 2020 funding



WeCOPE (Connecting with Our Positive Emotions)

WeCOPE is a practice- and skills-based program featuring 11 targeted activities and practices that can measurably improve mental and physical health, happiness, and overall well-being. Participants will learn skills such as mindfulness, savoring, positive reappraisal, gratitude, and goal setting.

TIME: 7 total hours (1 hour/week for 7 weeks)

FORMAT(S): In-person or virtual

COST: Currently free

Program Website: wirose.wisc.edu/wecope/

WIROSE is funded through a Rural Opioid Technical Assistance grant from the Substance Abuse and Mental Health Services Administration. samhsa.gov



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