

The Blueprint in a page

Pathways to breakdown

External pressures on the business

- Economic, markets
- Regulatory
- Climatic

High stress levels on the business, the family and individuals

Feelings of loss of control

Poor problem solving/ rigidity/ high expectations/difficulty coping with change

Loneliness/social isolation

Feelings of worthlessness, hopelessness, despair

Alcohol misuse

Lack of knowledge of /insight into nature of mental health problems in rural NSW/ available services

Clinical depression/ other mental disorders

Family breakdown

Previous suicide attempt / suicide threats/ suicide plans

Access to firearms

Suicide

Pathways to health 23 Areas of action

1. Advocacy for farm support
2. Advocacy for improved regulations
3. Advocacy for decentralisation of administration of program funds/resources

4. Programs to increase business, family and personal resilience
5. Access to Rural Financial Counsellors
6. Access to Drought Support Workers
7. Access to appropriate welfare support

8. Practical assistance in compliance with regulatory requirements

9. Change management skills development

10. Local community building programs – building social networks/opportunity.
11. Professional network building

12. Building positive view of farming from city perspective
13. Farm Pride campaign

14. Improved access to drug and alcohol programs and services

15. *Mental Health First Aid* training
16. Reducing stigma associated with mental disorder

17. Improved access to effective mental health solutions
18. Improved access to effective mental health services

19. Improved access to counseling services

20. Access to crisis lines

21. *Mental Health First Aid* for farm family members and community

22. Debriefing and counseling services
23. Appropriate media