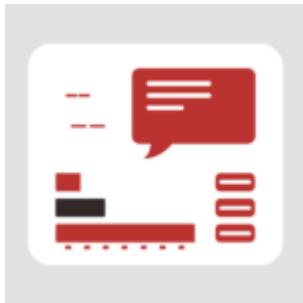


# Farming Mental Health in Canada Infographic



Farming is more than just work for many; it's a way of life that is rewarding despite the tough physical work. But now it's becoming increasingly apparent that the unique challenges faced daily by farmers ' from the long hours to the isolation to the many uncertainties beyond their control ' can also greatly impact their mental health and well-being. (Source: CCOHS)