

Kids FarmSafe Week

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Public Service Announcement

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FOR IMMEDIATE RELEASE

Mental Wellness and Farm Kids

We all experience changes in mental health. And children and youth are no exception. That's especially true for farm kids, who can be affected by the many challenges and stressors on the farm.

While it may be difficult to talk about mental health, it's important to remember that mental wellness is just as important as our physical health.

That's why it's essential for parents and guardians to set a good example and help promote mental wellness by modelling self-care. Encourage your kids to create a trusted support network or utilize local programs when they need someone to talk to

Most importantly, let them know to never feel ashamed or embarrassed about asking for help.

This year marks the inaugural Kids FarmSafe Week, which celebrates Nurturing the Future of Agriculture. For more information and safety tips, visit www.kidsfarmsafe.ca.

