



# Mental Health in Rural Areas

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# Mind Aims

- Promote better mental health for rural communities
- Develop innovative support & care networks
- Provide information materials & training
- Support frontline services
- Highlight the implications for rural communities of all policy work and campaigns



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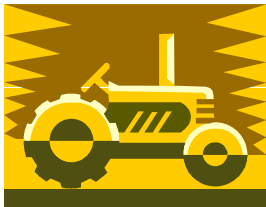


# High Risk Groups

Farmers, their families and farm workers have been identified as a high risk group for stress, depression and suicide.

There is always something to worry about...

Machines breaking, animals dying, financial uncertainty, too much or too little rain, stresses of conforming to UK and European legislation, exposure to chemicals...



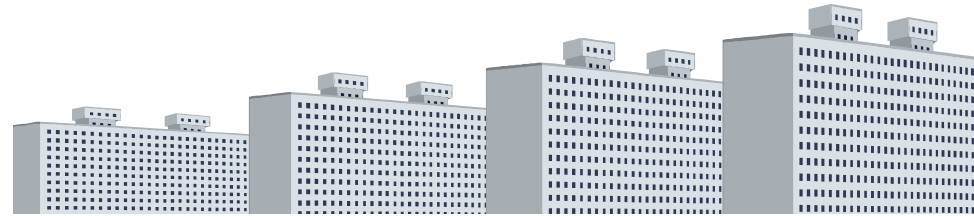
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# High Risk Groups

- Women with children
- Children and young people
- Travellers
- Migrants Workers
- Black & Minority Ethnic Groups
- Lesbian, Gay, Bisexual and Transgender groups
- Older People



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'What might be different for people in rural communities experiencing mental distress compared to urban communities?'



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# Key Issues



- High levels of suspicion and stigma colour the perception of mental health services in rural areas
- Lack of anonymity in rural areas producing problems with confidentiality
- Acceptance of alcohol misuse as a cover for mental health problems
- Potential for isolation
- Pride issues



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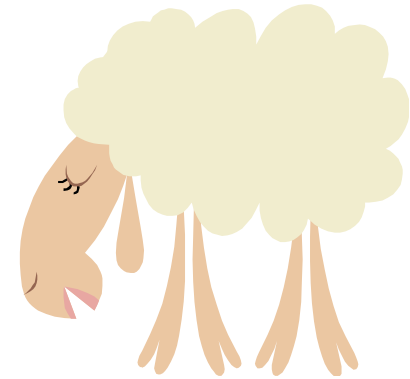
# Pride In Self Reliance

Deeply entrenched cultural patterns and a tradition of self reliance has meant that serious mental health problems often go unrecognised with much lower consultation rates within the rural community.



# Key Issues

- Predominately male profession
- Lone working for long periods
- Fewer opportunities for farmers to meet socially
- Financial issues from cuts in income and capital costs of machinery
- Issues not within farmers control:-  
disease, weather, government policy



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# Key Issues Identified within Mental Health

- Gaps in service provision
- Geographically isolated and distant from services
- Lack of mental health promotion at all levels
- Barriers to accessing mental health services
- Stigma



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# How can we raise Awareness?

- Training of GP's, health visitors, practise & district nurses in rural areas
- Increase the rural communities understanding of the issues, signs & symptoms
- Greater access to self help materials
- Anonymous access to help through the internet
- Target information to key rural organisations



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# How Might We Improve Mental Health in Rural Communities?

- Visiting services
- Raise awareness of mental health issues in rural communities
- Improve communications between urban and rural communities to break down perception of the 'farmers life'
- Strengthen rural communities by developing social networks & sources of support
- Targeted awareness training within the community



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# Ways of Working in Rural Areas

- Out reach clinics into rural areas
- Home visiting service
- Telephone conferencing
- Social Networks
- CCBT Programmes via internet
- Specialist clinics based in GP practises
- Improving Multi Service Outlets (MSOs)
- Education & Information access



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