Mental Health in Agriculture (E Learning)

At a glance…

E-Learning

Prerequisites: Internet access through PC, laptop or tablet

Introduction

Many agricultural workers face challenges with mental health, including depression. That's why we've created this **free, supportive course**, designed to help you take the first steps toward feeling better.

Overview in brief

Many agricultural workers face challenges with mental health, including depression. That's why we've created this **free, supportive course**, designed to help you take the first steps toward feeling better.

Written by **Steven James**, a mental health practitioner with over 10 years of experience, this course is packed with practical insights and gentle encouragement.

Whether you're just starting to explore your feelings or ready to make a change, this course is here to guide you — at your pace, in your way.

The finer details

This **free short course** is open to everyone and you can dip in and out as often as you like.

If your mood's been low and you're wondering what's going on, this course offers clear, friendly explanations to help you understand what depression is — and how your brain responds to it.

Want to track your progress? Optional surveys before and after the course let you see how far you've come.

You'll learn simple, effective ways to **self-soothe**, ease tough symptoms, and take steps toward feeling more like yourself again.

Plus, we'll guide you toward further support if you'd like to explore more help.

Click here to enrol on this e-learning course

Who should attend?

This course is for anyone who is working in agriculture who is susceptible to depression.

What will be covered?

At the end of this course, you will have covered:

- Common themes of depression
- How the human brain works
- The three brain systems
- Developing your soothing system
- Strengthening your soothing system
- Case study
- Moments of crisis
- Support through the NHS
- Medication options
- Cognitive behavioural therapy
- Contacts for further information
- The Farming Community Network.

Other areas of interest

Health and Safety on Farms (E-Learning)

Non-technical Skills in Farming (E-Learning)