CONTENT

Objective
The farmer-listener should be able to discuss how to care for one’s mental health at the time of COVID-19.

Key Message
Disruption in farming practices during COVID-19 can take a toll of farmer-listeners’ mental health. The WHO has recommendations to address such concerns.

Supporting Message
Family farmers are affected by COVID-19.

Family farmers experience COVID-19 induced problems in the food system supply, processing, trade and demand. Farming supplies are lower. Distributions of produce are harder.

It is understandable that family farmers will feel fear, worry, and stress. These are not new and have always been associated with farm work. However, these have become more evident during the pandemic.

How do farmers cope with these? How can farmers care for their mental health at the height of COVID-19?

The WHO recommends minimizing consumption of media that induce fear, worry, or stress. Information must be from reliable sources. Family farmers should also list practical steps to take in order to protect themselves and their loved ones.

They could also seek the help of farming organizations for farm-related concerns and medical professionals in case of health issues.

These should be done along with proper hygiene and social distancing.

Call to Action
Support is available to family farmers as they deal with the effects of COVID-19. Support during COVID 19 is critical to resilient family farming.
This public service announcement is brought to you by the United Nations Decade of Family Farming, ComDev Asia, AMARC Asia Pacific and this station (state the name of the community station).