



Welcome to the Rural Mental Wellness Toolkit!

We are happy to be connecting with you as we share some exciting highlights about the Rural Mental Wellness Toolkit.

The [Rural Mental Wellness Toolkit](#) provides resources specialized for rural and agricultural communities across Canada. The Stigma-Free Society is aware that communities living in rural areas lack mental health resources and struggle to find help. We want to support these communities by making our Rural Mental Wellness Toolkit and peer support training available to anyone experiencing stigma and/or mental health struggles.

Keep Reading to Learn More!



Inspiring Stories

Stigma-Free Society reaches out to many inspiring individuals across North America who battle mental health and stigma in rural communities. You'll see videos of people being transparent, honest and authentic about their struggles and overcoming them.

Rural Mental Wellness highlights inspiring stories from different areas of the rural community. We have personal stories from the Indigenous community, Men's Mental Health and the rural residents themselves.



MEN'S MENTAL HEALTH

Men's Mental Health

This section of the Inspiring stories supports and educates men who silently struggle with their mental health and stigma of all kinds. This platform highlights valuable resources for men to feel supported in their personal struggles.

Check out [David Richardson's Inspiring Story](#) as he shares about his time growing up in Manitoba, and his strong ties with agricultural communities. He openly discusses his experience with depression and anxiety and how he deals with his personal struggles, and more importantly the challenges he has overcome.

Watch all our latest Inspiring Stories of individuals from rural and agricultural communities [HERE](#)



LIFE & WORK WELLBEING FEATURED LIVE-EVENTS

Live Wellness Events

The *Rural Mental Wellness Toolkit* provides [Featured Live Events](#) with a focus on mental health by members of the agricultural and rural communities. Listen to some experts share about their view on mental health in agricultural industries. These Live Events range from powerful mental health journeys, recovery, struggles and much more!

The Stigma-Free Society hosts [Live Events](#) on their [YouTube channel](#) and [Facebook Page](#). Check out our newest live-event with Megz Reynold posted by Gerry Friesen. Megz is the Executive Director of The Do More Agriculture Foundation, and has first hand experience in agriculture as a former grain farmer.

She understands the mental health challenges people face in rural communities and is devoted to share this awareness. Through grassroots advocacy and policy work, Megz has been part of creating change at a provincial, federal and global level; always with a focus on the mental health of producers and the industry as a whole.

WATCH IT [HERE!](#)

Unlimited access is available by signing up for no-cost FULL Access to the Toolkit.

Our impacting virtual programs include the following:

[Student Mental Health Toolkit](#) & [Virtual Stigma-Free School Program](#)
[Rural Mental Wellness Toolkit](#)



Conversation Cards

Resources for Family Wellness

Family is always an important support system in helping build a person's overall wellbeing. This section of the Toolkit provides resources for families to educate

themselves about mental health in the comfort of their home.

Conversation cards are useful tools to start important discussions about mental health in families. By simply reading the questions on the card, everyone can offer a response. We have general mental health cards, family cards and parents' cards. All are useful tools in helping families bond by educating every family member about mental health and stigma.

[Click HERE](#) to check out our **Conversation Cards**

**VISIT THE
RURAL MENTAL WELLNESS TOOLKIT
[HERE](#)**

THANK YOU for taking the time to keep up to date on all things happening with the Rural Mental Wellness Toolkit.

We value your feedback and encourage you to reach out if you have ANY comments or questions.

Thank you for all you do to make the world a more accepting and understanding place.

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