

## ACT TO PREVENT

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## PRESENTATION PLAN

- L'Union des producteurs agricoles
- Québec Farms
- The Farmer's Field  
... increasingly stressful
- **Sentry** Training Programme
- The Necessity to Act



## L'UNION DES PRODUCTEURS AGRICOLES

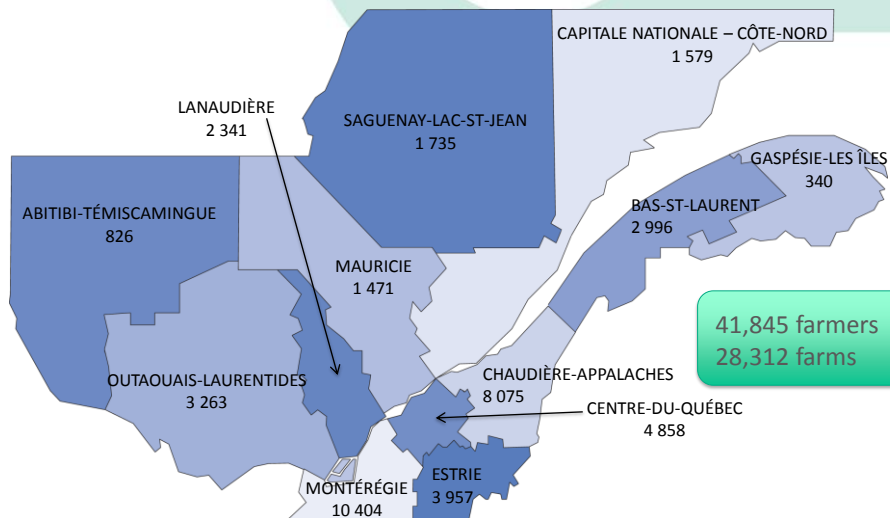


- 92 local unions
- 12 regional federations
- 27 commodity sectors
- 130 unions and specialized regional groups
- 1 confederation

**A Combination of 262 Entities  
1,872 Managers Across Québec.**

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## DISTRIBUTION OF FARMERS ACROSS QUÉBEC



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## BEING A FARMER IS INCREASINGLY STRESSFUL

- ≈ 50% experience distress
- High rate of suicide
- All Regions are impacted
- All commodities are affected



Photo : <https://wordpress.com/>

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## CAUSES OF STRESS

- Burnout
- Health Problems
- Loss of Physical Integrity
  
- Transfer of a Difficult Inheritance
  
- Globalization
- Performance Pressure
- Increasing Level of Indebtedness
- Lower Margins ...



Photo : [https://wordpress.com](https://wordpress.com/)

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## PRODUCER REACTIONS

- Denial and isolation
- Refusal to consult (≈ 20% consult)
- Lack of Time
- Looking for fast and effective relief
- A belief that no one outside the agricultural field could possibly understand



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## BECOME A SENTRY TO PREVENT SUICIDE

- Training adapted to agricultural world
  - 7 hours/training
  - Variable cost
- 45 Trainers
- Sentries
  - Chosen for their closeness to farmers: veterinarians, agronomists, accountants, account managers, inseminators, counsellors, farmers, etc.
  - Likely to receive confidences from the producers



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## THE SENTRIES' ROLE

- Identify vulnerable individuals
- Check for suicidal ideas
- Encourage asking for help
- Send the information to the designated intervenor
- Respect their limits



Photo : Archives TCN

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## WHY CREATE A NETWORK?

- Isolation and lack of social support
- Ignorance of health resources
- Farmer's difficulty in asking for help
- Important to react in an appropriate way



Photo : <http://www.lapresse.ca>

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## REALISTIC EXPECTATIONS OF A SENTRY'S INTERVENTION

- Allow the individual
  - To express what they are going through
  - To recognize and respect their pain
  - To be valued
- Encourage the steps to be taken by the person in distress



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## THE PARTNERS

- *Association québécoise de prévention du suicide (AQPS)* – Québec suicide prevention association
- *Centres de prévention du suicide régionaux (CPS)* – regional suicide-prevention centres
- Au Cœur des Familles Agricoles (ACFA)
- Integrated health and social services centre (CISSS)



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## A SENTRY'S OPERATING RULES

- Act within the framework of his usual job
- Be in regular contact with farmers
- Question the farmer about his situation and his plans
- Maintain confidentiality



Photo : <http://www.onisep.fr>

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## SUPPORT FOR SENTRIES



- Preservation of anonymity
- Linked to designated intervenor
- Kept well-informed by the trainers

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## EXPECTED RESULTS

- Fight taboos
- Talk about distress, mental illness, professional burnout
- Reduce the number of farmers living with distress
- Lower the rate of suicide among farmers



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## PROJECT TO BE COMPLETED ...

- Consolidation of the network of nearby workers
- Improvement of the agricultural knowledge of health professionals
  - ✓ Ordre des psychologues du Québec (psychologists)
  - ✓ CISSS
- Preventative Action
  - ✓ Promote work/life balance
  - ✓ Replacement workers to offer periods of respite
- Participation of agricultural bodies and partners

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DARE TO  
*Act to Prevent*



**THANK  
YOU !**

**UPA** POUVOIR NOURRIR  
POUVOIR GRANDIR

*L'Union des producteurs agricoles*