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**There's a mental health emergency in rural America:  
People living in rural areas have higher depression and suicide rates but are less likely to access mental health care services, compared to people living in urban areas.  
Suicide rates among people living in rural areas are 64 to 68 percent higher than those in large cities, according to recent data from the U.S. Centers for Disease Control and Prevention (CDC).  
Farmers are twice as likely as people in other occupations to die by suicide.**



# Rural Mental Health Resilience

## *A Program of Hope®*

### **The dictionary defines resilience as:**

The capacity to withstand or to recover quickly from difficulties; toughness.

In response to the mental health crisis in rural America, Rural Minds and the National Grange have developed the **Rural Mental Health Resilience Program** to provide mental health information, resources and training for people who live in rural communities across the country.

### **The Rural Mental Health Resilience Program provides an approach for improving rural mental health by:**

1. Recognizing the self-reliance of many people in rural America as a strength for confronting the problem.
2. Giving people who live in rural America the mental health information and resources they need to become part of the solution.
3. Encouraging the courageous conversations about mental illness and suicide that must be heard.
4. Enlisting people to serve as trusted sources of reliable information to help their family, friends and rural community.

### **Help Those Struggling with Mental Health in Your Community**

Knowing that many rural Americans are resilient and self-reliant, the Rural Mental Health Resilience Program was developed for folks who want to take it upon themselves to confront mental health challenges in rural America.

**For additional information on this mental health crisis, please visit the website: [www.RuralMinds.org](http://www.RuralMinds.org).**