



Farmers and people living in rural communities

- 38% of Farmers had some experience of mental health problems
- 45% would not know what to do if someone close to them was experiencing a mental health problem
- 18% believe that locating a mental health facility in a neighbourhood downgrades the area
- 16% feel their friends would distance themselves
- 31% believe it would have a negative effect on their relationship with work colleagues
- 35% would find it hard to talk to someone with mental health problems
- 57% of Farmers surveyed would not want others to know if they had a mental health problem
- 42% of Farmers would hide a diagnosis of mental health problems
- 27% would delay seeking help for fear of others finding out about their mental health problem

Source: Public attitudes towards mental illness, a benchmark study for See Change, 2010