

YES, I would be happy to support the Cattle & Grain Round Up

"We are incredibly grateful for the immense support we receive to provide the best mental health programs in the Foothills. With your support, we can continue to serve families and children in this area. Over the past few years, we have seen first-hand how our community comes together to ensure that no one is left to fall through the cracks. Thank you for your generosity."

Alex Cameron, Manager & Helen Yoo, Clinical Supervisor
AHS Rural Addictions & Mental Health

Name: _____

Address: _____

Town/Village: _____

Province: _____ Postal Code: _____

Email: _____

Donation amount \$ _____

Donate by credit card online at highriverhealthfoundation.ca OR

Cheque Visa MasterCard

Card No: _____

Expiry Date: _____

Make cheques payable to:

High River District Health Care Foundation
560 - 9 Ave SW
High River, AB T1V 1B3

Grain Donations at:

CargillAg Blackie & Carseland Elevators

Cattle Donations at:

Foothills Auctioneers Inc.

Mental Health Support

If you or someone you know is struggling and requires mental health support, please consider the following services.

Walk-In Mental Health Services

Okotoks Health and Wellness Centre
11 Cimarron Common (403) 995-2600
7 days a week, 10am to 4pm

Mental Health Therapy and Programs

Access Mental Health Line 403-943-1500

Crisis Support

Addictions Helpline 1-866-332-2322
Alberta Info & Referral 211
Distress Centre 403-266-4357
Teen Distress Line 403-264-8336
Kids Help Line 1-800-668-6868

Charitable Registration # 11895 7372

For Additional Information Contact:

Cathy Couey - Fund Development & Communications Officer

High River District Health Care Foundation
560 - 9 Ave SW High River, AB T1V 1B3
403-652-0129
cathy.couey@highriverhealthfoundation.ca



Cattle and Grain Round Up 23-24

With a focus on supporting rural mental health programs



When it comes to our mental health we need to be there for each other, open up the conversation, break down barriers and create opportunities that best suit our community.

Current research tells us that rural communities and families in agriculture face barriers with mental health supports; lack of resources, costs and perceived stigma. We can help improve statistics like these:

- 76% of Canadian farmers were classified as experiencing high perceived stress¹
- 1 in 4 Canadian farmers have thought of taking their own life in the last twelve months¹
- 1 in 4 hospitalizations for Canadians aged 5-24 is for mental health reasons²
- Even though 70% of mental illness begins before the age of 18, only 20% of youth with early signs of mental illness will receive support.³

¹2021 National Survey of Farmer Mental Health at the University of Guelph - www.uoguelph.ca

²2022 Canadian Institute for Health Information (Children and youth mental health)

³2023 briefing published by the University of Calgary O'Brien Institute for Public Health

With your support, we can make some positive steps forward to improve access and create services to compliment our community.

- **NEW Seniors and Adult day programs in High River - facilitated by Rural Addictions & Mental Health to provide support, engagement, and empowerment to adults who present with a long history of mental health challenges. This pilot project will strive to enhance their mental well-being and overall quality of life**
- **NEW Rural Mental Health Event in Nanton (Winter 2024) - a community dinner, keynote speaker and resource/agency fair**
- **Continued partnership with The Foothills Children's Wellness Network ('the network') focusing on rural children/youth mental wellness.**

Providing mental health services can be challenging in rural areas but with your support of the Cattle and Grain Round Up these programs will be available for our community. We can listen and watch for warning signs in our friends, neighbours and family members and make sure we know the ways to access help.

"What we see, especially in agriculture, as the biggest challenge is getting to a place where it feels right to reach out for help. So, check in on people! Check in on your loved ones, check in on yourself. You don't need to be in crisis to call a crisis line." -

Megz Reynolds, Executive Director of DO MORE Agriculture Foundation - Champions of mental health in agriculture

'As a farmer and a volunteer Director of the High River District Health Care Foundation, I am proud to be supporting the annual Cattle & Grain Round Up. Finding ways to take care of each other and improve mental wellness across the Foothills matters a great deal. Thank you for your support.' - Jesse Harri

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