



NATIONAL CENTRE FOR
**FARMER
HEALTH**

PARTNERING
for IMPACT

Supporting farmers, families & communities
*through research that matters, projects that
create change and outcomes that last*

PROSPECTUS 2026/2027

“ Building long term sustainable change in farmer health, wellbeing and safety takes time, it takes resourcing, and it takes strong partnerships. ”

- Alison Kennedy, NCFH Director

Contents

Message from our Director and Board.....	1
The challenges our farmers are facing.....	2
Who we are and what we do.....	4
The difference we're making.....	5
Improving access to farmer-focused health services	
Delivering education and training to advance farmer health, wellbeing and safety	
Developing community connection and support networks	
Creating systemic change by advancing policy and practice	
Creating healthier farming communities.....	14
Ways to partner with us for impact.....	16
Corporate partnerships	
Philanthropic partnerships	
In-kind partnerships	
Our partnership pathways.....	21
Farmer health development partner	
Service delivery partner	
Let's build something meaningful together.....	28



Message from our Director

Farming has always involved risk and uncertainty, but the pressures facing farming families today are unprecedented. Climate extremes, financial volatility, workforce shortages, geopolitical pressures, rising input costs and increasing regulatory and consumer expectations are all taking a toll – not just on productivity, but on people. Across rural Australia we continue to see higher rates of injury, chronic disease, psychological distress and fatigue among farming communities. These challenges are complex, interconnected and deeply human, and they cannot be solved by any one organisation working alone.

At the National Centre for Farmer Health (NCFH), we see both the urgency of this moment and the opportunity it presents. When we work alongside farmers, industry, health services, government, philanthropic organisations and communities, change is possible. Through practical, evidence-based programs that integrate physical

health, mental wellbeing and safety, we know we can reduce risk, build resilience and support healthier futures for farming families.

Partnerships are central to this work. They allow us to scale what works, innovate where gaps exist, and translate research into real-world impact – on farms, at field days, in schools and across regional communities.

By partnering with us, you are not just supporting programs; you are joining a collaborative effort to strengthen the health, wellbeing, safety and sustainability of Australian agriculture. Together, we can create healthier farming communities, safer workplaces and a more resilient sector – now and for generations to come.

Alison Kennedy, Director

Message from our Board

My family was proud to provide founding support for the NCFH, based on a belief that improving farmer health requires enduring partnerships built on trust, evidence and shared purpose.

From its beginning, the NCFH was designed to work alongside farmers, industry and communities to address the complex challenges of farming life that impact health, wellbeing and safety. That collaborative approach remains at the heart of its work today, ensuring that research is translated into practical outcomes that matter on the ground.

As a current Board Member, I see the NCFH as a powerful partner for organisations that value meaningful impact in rural and regional Australia. Industry, corporate and philanthropic partners play a crucial role in strengthening the NCFH's reach, innovation and influence.

By partnering with the NCFH, organisations have the opportunity to contribute to healthier farming communities, safer workplaces and a more sustainable agricultural future – while aligning with a trusted, nationally recognised organisation committed to long-term change through collaboration.

Paddy Handbury, Board Member



The challenges our farmers are facing



Rural and remote Australians have higher levels of chronic disease but less access to primary care and preventative services

(AIHW, 2025)

Farmers die by suicide at up to twice the rate of the non-farming population

(NRHA, 2021)

Farmers are more likely to experience significant ongoing impacts of adverse events (e.g. financial, mental health) compared to non-farmers

(Regional Wellbeing Survey, 2023)

53% of farmers reported being impacted by four or more adverse events between 2017-23, with levels of wellbeing decreasing as cumulative exposure to adverse events increased

(Regional Wellbeing Survey, 2023)

Agriculture, forestry and fishing consistently carries one of the highest fatality rates per 100,000 workers in Australia compared to other industries, representing 23.4% of fatalities across all industries in 2024

(Safework Australia)

Australian farming communities are navigating unprecedented pressures. Climate related disasters – bushfires, floods, droughts – are no longer exceptional events; they're becoming routine and cumulative in their impact.

These physical and environmental crises create cascading impacts from financial strain, disrupted livelihoods, and profound mental health challenges.

In addition, there are many challenges that are less visible: geographic isolation, unpredictable income, rising input prices and falling prices for goods produced, physical demands, and the weight of uncertainty.

These conditions escalate health, wellbeing and safety risks including:

- ▶ **Reduced wellbeing** affecting physical and mental health, family relationships, business decisions and broader community wellbeing.
- ▶ **Increased injury risks** driven by fatigue, rushed farm work, environmental hazards, safety culture and machinery operation under pressure.
- ▶ **Limited access to health and wellbeing services** that understand agricultural contexts, making prevention of risk and early intervention harder.

The opportunity to act

Investing in farmer health is both a social responsibility and an economic imperative. A healthy and sustainable farming workforce means stable food production and supply chains, resilient farming families and rural communities, economic sustainability in regional Australia, and reduced pressure on health and emergency services.

We deliver practical, relatable, evidence-based programs that support mental health, physical health and safety – equipping and empowering farmers to adapt and prepare for these challenges.



Investment in solutions that matter can create systemic change. Partners – like you – joining us will help shape the future of farmer health and wellbeing across Australia.

Who we are and what we do

Established in 2008 as a partnership between Western District Health Service and Deakin University, NCFH is Australia's leading organisation dedicated to improving the health, wellbeing and safety of the farming workforce, farming families and agriculture-dependent communities.



Research-led

Evidence-based approaches inform everything we do.



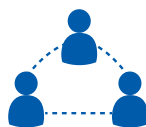
Farmer-centered

We listen to farming communities and design solutions with them, not just for them.



Practical

We create tools and programs that farming families and businesses use and find effective.



Connected

We work across the agricultural sector connecting researchers, practitioners, policy makers, industry and farmers.

Our integrated, evidence-based approach combines:



Applied research to understand and address health, wellbeing and safety risks unique to farming.



Education and training for farmers, farm workers, students, advisors and health professionals.



On-the-ground service delivery meeting farmers at workplaces, field days and community events.

Our work is driven by a multi-disciplinary team that brings together expertise in health, agriculture, behavioural and social sciences. This blend of skills allows us to understand the realities farmers face and respond with practical, evidence-based solutions that make a real difference.

“ We are a relatively small team, but by partnering with others and providing them with skills and evidence-based programs to be able to support farmers within their communities, we know that that ripple effect of our work increases. ”

- Alison Kennedy, NCFH Director

The difference we're making



Improving access to farmer-focused health services



Delivering education and training to advance farmer health, wellbeing and safety



Developing community connection and support networks



Creating systemic change by advancing policy and practice


farmerhealth.org.au

Improving access to farmer-focused health services

Our Health and Lifestyle Assessments play a pivotal role in providing timely access to specialist trained health professionals at locations that are accessible to farmers. Over the last 10 years we have delivered over 10,000 health checks.

Our health checks help farmers identify and address the health, wellbeing and safety issues they face, making sure they can continue their vital work and live happy, healthy lives.



2024-25 Health and Lifestyle Assessment findings*



77% of participants had high total cholesterol



69% don't wear personal protective equipment (PPE) when working in a dusty environment



77% are at risk of developing Type 2 diabetes



56% reported hearing difficulties



46% had high cardiovascular disease risk

2024-25 Health and Lifestyle Assessment Impact*



1000+ recommendations to improve health, wellbeing and safety outcomes



90% self-reported lifestyle and behavioural changes



70% followed up concerns with health professionals

*261 participants

“ An outstanding service that is being made available to parts of the community where accessing healthcare is often more difficult than it is for our city counterparts. ”

- Lauren and Bradley Driscoll,
Sheep farmers, Victoria



Find out more:
Health and
lifestyle
assessments

Delivering education and training to advance farmer health, wellbeing and safety

Our Education Workshops increase farmers' understanding, knowledge, confidence and capability to address risks to them, their families and their business.

Calm the Farm: Creating a Happy Healthy Workplace Impact

Evaluation of a pilot program (7 workshops involving 126 participants) showed farmers had:



25% increase in knowledge of work-related risks to mental health



30% more likely to know how to address these risks



22% more likely to adopt practical strategies to reduce work-related risks to mental health



20% more confident to use tools to keep their own mental health in check

“ The greatest impact of these workshops is seeing farmers feel equipped to manage stress, communicate better and stay solution-focused. ”

- Sally Cunningham, Extension Officer



Find out more: Our workshops



Next generation education on safe farming practices

By engaging students early and grounding learning in real-world farm contexts, we're laying the groundwork for a safer, more resilient farming workforce.

Development of resources and content for interactive programs like Shifting Gears, gives teachers and young people the knowledge and practical skills to understand risk, make safer decisions and develop lifelong habits that protect their health and safety.



SHIFTING GEARS

farm safety resources for educators



Used in schools across Vic, NSW, SA, Qld, WA, Tas and internationally

93%

of teachers said developing a culture of farm safety with their students was very important

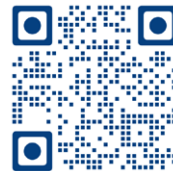
55%

of teachers needed professional development in farm safety

Teachers say that access to **engaging and relevant Australian content** is a challenge to engaging kids on the topic of farm safety

“ The videos allowed us to teach farm safety in a sensitive manner that was contextually appropriate for our students. Most of the students in our school are off a farm and have lived experience of farm safety issues and we're always mindful that what we use needs to deal with matters of farm safety in a delicate manner. ”

- Goroke P-12 College teacher, 2023



Find out more:
Shifting Gears





Deafness Forum Australia

Embedding hearing health in agriculture

Our partnership with Deafness Forum Australia is grounded in a shared commitment to improve the health, wellbeing and safety of farming communities. Recognising our trusted presence within agriculture, the collaboration enhances the impact of a successful education platform.

We worked together to develop a Hearing Safety in Agriculture module to complement the existing Shifting Gears teaching resources, which includes a video, three additional activities and suggested discussions for teachers to have important conversations with their students.

As Rhonda Locke, Deafness Forum Australia CEO, explained, “Rather than creating something separate, we saw an opportunity to integrate hearing health into a platform that already reaches the people who need it most.”

Hearing safety remains an often-overlooked issue in agriculture. Deafness Forum Australia

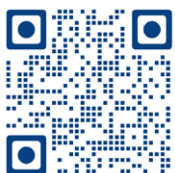
is working to challenge this perception by ensuring education is relevant, practical and grounded in the realities of farming life.

A key focus is early intervention. By reaching students through agricultural education and training, the partnership aims to normalise hearing protection from the beginning of a farming career.

“This partnership allows us to move from advocacy into action,” Rhonda said. “We’re not just raising awareness, we’re contributing to long-term behaviour change.”

Looking ahead, there is an opportunity to further integrate hearing health into broader farm safety conversations, reinforcing its importance alongside other critical health and wellbeing priorities.

Our partnership demonstrates how strategic collaboration can translate shared purpose into practical outcomes, embedding hearing health into farming life and supporting safer, more resilient rural communities.



Video:
**Hearing Safety in
Agriculture module**



Rhonda Locke, CEO

Developing community connection and support networks

Our work is empowering farming communities to lead the development of sustainable, long-term community resilience.

Central to this is Back on Track, an ongoing research initiative to co-design, deliver and trial a peer-guided model of mental health support tailored to farming communities.

Back on Track builds local capacity by training and supporting community-based coaches to deliver evidence-based therapy to support people experiencing low mood or depression. It can be tailored to local needs and is informed by ongoing community engagement.

By developing a skilled peer workforce with a deep understanding of farming life, Back on Track addresses critical mental health service gaps and strengthens sustainable, locally led support networks.

“ I really enjoyed it and I genuinely did see great improvements, especially in one of my participants. He loved it.... So yeah, I definitely would do it (coach) again. ”

- Back on Track coach



“ Having the coach made me accountable each week ... which I think made a big difference. ”

- Back on Track participant



**Find out more:
Back on Track**



Gardiner Foundation

Investing in dairy community wellbeing

For more than 25 years, the Gardiner Foundation has focused on strengthening the Victorian dairy industry by investing in initiatives that support farmers, their businesses and their communities.

Recognising the increasing pressures facing dairy farmers, including financial uncertainty, seasonal variability and social isolation, the Gardiner Foundation partnered with us to support the Back on Track program and feasibility trial.

“We could see the NCFH was seeking to create an evidence-based, peer-supported intervention for farmers that could genuinely change lives,” Gardiner Foundation CEO Allan Cameron said.

“It is about addressing mental health in a way that is accessible to farmers – practical, non-clinical and delivered through trusted and familiar people.”

This approach strongly aligns with Gardiner Foundation’s long-term focus on sustainable, community-led change.

“What resonates most with us is NCFH’s commitment to meeting farmers where they are, and its dedication to building lasting capability within farming communities rather than delivering short-term fixes.”

Through its \$492,000 investment in Back on Track, Gardiner Foundation is helping to strengthen early intervention and peer support, enabling farmers to access support before challenges reach a crisis point.

“We hope the results of the feasibility trial will unlock further investment, enabling more farmers to access peer support and creating stronger, more connected communities across our dairy regions,” Allan explained.

“We want to see a Victorian dairy sector where mental health and wellbeing support is as routine and accessible as agronomic or financial advice.”

Our partnership highlights how long-term investment and collaboration can strengthen communities and support the health and resilience of the dairy sector.



Creating systemic change by advancing policy and practice

Our evidence-based approaches become embedded in policy and practice, creating systemic change that affects thousands of farmers beyond direct program reach.

Advancing policy

Our team contributes specialist knowledge and applied research expertise to inform policy development, farmer support initiatives and extension activities.

By translating research into real-world application and working collaboratively with government, industry and advocacy bodies, we help ensure on the ground approaches are practical, evidenced and responsive.



**Find out more:
Our research**



Advancing practice

By strengthening the capability of rural professionals through targeted professional development and training, we are ensuring more responsive services for farming communities.

Post-graduate training and professional development programs such as the Graduate Certificate in Agricultural Health and Medicine, and Connecting with Farming Communities workshop, equip industry professionals with specialised knowledge they need to understand farming pressures, communicate effectively, and support farmers in ways that genuinely make a difference.

“ These programs build a workforce that is confident, connected and better prepared to respond to the unique health, wellbeing and safety needs of rural communities. ”
- Jacque Cotton, Deakin University



**Find out more:
Graduate Certificate
in Agricultural
Health and Medicine**

“ Industry has a really important part to play in supporting health, wellbeing and safety. They have an important role as a supporter of programs and resource development and research but also as an advocate for the importance of health, wellbeing and safety within their industry. ”

- Cecilia Fitzgerald, Business Development & Industry Engagement Manager



Creating healthier farming communities

Our vision for Australia's farming sector



Health and wellbeing are prioritised as essential to a successful farming business.



The agricultural workforce (and their families) are equipped with the tools and skills to prepare for and navigate challenges.



An industry-driven culture of farm safety supports and encourages the implementation of safety measures and behaviour on family and corporate farms alike.



Mental health support is accessible, effective and reflects the realities of farming.



Investment translates into impactful solutions – powered by collaborative partnerships and long-term funding that enable sustainable impact for farming communities nationally.



Evidence drives decision making about farmer health and wellbeing – for individuals, industry, funders and policy makers.

Our focus areas



Scale national reach of existing evidence-based programs, particularly in under-served farming communities.



Fill service and access gaps by developing and testing innovative digital and peer-led models.



Enhance and extend existing programs to (i) address emerging risks and (ii) embrace novel approaches to address mental health, chronic disease, safety and climate resilience.



We need organisations and individuals who share this vision and are willing to invest – through funding, expertise, resources, or time – to make it happen.

Ways to partner with us for impact

Corporate partnerships

Partnering with us enables organisations to create genuine, measurable impact in rural communities while advancing Environmental, Social and Governance (ESG) priorities.

By supporting farmer mental health and climate resilience, partners demonstrate a meaningful commitment to sustainability beyond compliance – strengthening brand reputation, deepening sector understanding, and building authentic connection with farming communities.

Examples of corporate partnerships include:

- ▶ Sponsored health checks at major field days and regional events, or on-site for staff and customers.
- ▶ Training for rural professionals across agriculture, agribusiness and health, enabling them to deliver services that demonstrate understanding and awareness of the health, wellbeing and safety issues faced by their farming clients.
- ▶ Supporting the delivery of evidence-based and expert-led farm safety education into regional and rural schools.
- ▶ Co-branded initiatives raising sector awareness.



Philanthropic partnerships

Philanthropic partnerships play a critical role in advancing bold, evidence-based innovations. Whether through transformational gifts, ongoing regular donations, payroll giving, workplace campaigns or group fundraising, philanthropic supporters can fund essential pilot projects, research and seed initiatives that generate proof-of-concept, attract government and industry co-investment, and create lasting, systemic change.

Philanthropic funding fills gaps where traditional funding sources are often limited – giving us the flexibility to test new approaches, take calculated risks on initiatives with transformational potential and scale up proven initiatives.



Udder Delights

Supporting the people behind the produce

For Udder Delights, what began as a small family business has grown into a well-known name in Australia's speciality cheese industry, without losing sight of its roots.

Recognising the importance of supporting the people behind their products, Udder Delights partnered with us to contribute to farmer wellbeing in a meaningful and visible way.

Through a dedicated cheese range, including Double Cream and Triple Cream Brie, 20 cents from every wheel sold is donated to the NCFH. This model ensures that consumers play a direct role in supporting farmer health with every purchase.

"Putting a tangible figure on our partnership with the NCFH is important for consumers to understand that this isn't simply 'marketing talk'. They can see that by choosing one of our dedicated cheeses, they are directly supporting what the NCFH stands for," Udder Delights General Manager Daniel Bryant explained.

The partnership reflects Udder Delights' broader commitment to its farming network.

"Udder Delights values its partnerships with our farmers incredibly highly, and we have long-standing relationships with them," Daniel said. "With initiatives like our NCFH partnership, as well as our 'Single Herd' concept, we put a public-facing focus on these relationships."

Udder Delights has contributed more than \$20,000 to support NCFH programs, including Health and Lifestyle Assessments delivered to farmers across regional communities.

"In a challenging financial climate impacted by uncertainty with fuel supply and other pressures, the programs that the NCFH runs are more important than ever."

Our corporate partnership demonstrates how purpose-led collaboration can translate everyday consumer choices into meaningful, on-the-ground impact, supporting healthier farmers and stronger farming businesses.



**UDDER
DELIGHTS**
Handmade Cheese

Daniel Bryant, General Manager





Advantage Feeders

Strengthening farmer health, wellbeing and safety

Advantage Feeders has long supported Australian livestock and sheep farmers through innovation, research, and practical solutions.

Through our partnership, Advantage Feeders has contributed over \$35,000 to help us deliver health checks, research, and programs that make a real difference to farmers and their communities.

As CEO Gerard Roney explained: “The NCFH is the organisation most aligned with us in supporting the people that support us – farmers.”

“Commodity farming comes with many challenges. Our support helps NCFH provide practical, proactive wellbeing programs to keep farmers healthy and resilient.”

Gerard emphasised the importance of supporting farmer wellbeing in an industry where fluctuations in weather, input costs, and commodity prices can have a significant impact.

“These challenges can make the lows that farmers experience particularly difficult, but mechanisms of support exist,” he said.

“NCFH provides practical, evidence-based programs to help farmers respond and stay healthy, and our partnership is one way we contribute to that impact. When we work with down-to-earth people with integrity and passion about their mission, it’s simple to contribute and be part of something meaningful.”

Looking ahead, Gerard sees the opportunities for the partnership to continue helping more farmers access vital support and services.

“If the NCFH expands, our support could help farmers in more regions, including those further from their physical base.”

This philanthropic partnership underscores how focused support and aligned purpose can strengthen farming communities, enhance wellbeing, and contribute to a healthier and more resilient agricultural sector.



Gerard Roney, Founder and CEO





In-kind partnerships

In-kind partnerships create a shared value by combining complementary strengths to better support farming communities. Through the contribution of expertise, resources, networks and platforms, partners help extend the reach, effectiveness and sustainability of NCFH's research and service delivery – often in ways that financial funding alone cannot.

Examples of in-kind partnerships include:

- ▶ Providing free or discounted space, infrastructure or catering for field days, workshops or community events.
- ▶ Sharing professional expertise and access to farmer networks to support research, recruitment and program delivery.
- ▶ Amplifying NCFH's work through media, communications and trusted community channels.

In-kind partnerships strengthen connection, reduce barriers to participation, and help deliver meaningful outcomes for farming communities.



“People are quick to say farmers are hard to reach. Farmers aren't hard to reach, services and supports are hard to access. We are closing that gap on how to access those premium and evidence-based health, wellbeing and safety programs and making a huge difference.”

- Anna Greene, Project Manager



Fat Farmers

Growing connected, healthy rural communities

Founded in 2012 as a grassroots initiative between three farmers going to the gym, Fat Farmers now has a national mission to inspire rural communities to improve their health and wellbeing through physical activity.

“We are ‘connectors’ and not ‘clinicians’, so the decision to partner with NCFH to deliver farmer Health and Lifestyle Assessments has been an easy one,” CEO Richard Sheppy explained.

Through this partnership, our evidence-based programs are delivered via Fat Farmers’ mobile Health Hub at field days and community events, bringing practical health services directly to farmers.

In an industry where the focus is often on caring for livestock and crops, Richard reinforced the importance of shifting the narrative towards prioritising personal health.

“Our motivation comes from the positive impact stories that we hear from our group

attendees and their families – we know we are making a difference to the lives of people across rural Australia,” he said.

At the heart of the partnership is a shared vision to create healthier farming communities. Fat Farmers provides a safe and familiar space for engagement, helping to amplify the reach and impact of NCFH’s programs.

“A collaborative mindset is key... partnering with the NCFH allows us to build our community reach while supporting programs backed by research,” he said.

“We should be able to demonstrate that when organisations like ours work together, we can deliver impact and value that others seek to replicate.”

Our in-kind partnership highlights how collaboration, trust and shared purpose can strengthen communities and support the long-term health and wellbeing of rural Australia.



Richard Sheppy, CEO

Our partnership pathways

Whether you wish to fund a major initiative, support an innovative pilot, or contribute to the ongoing delivery of health, wellbeing and safety programs and resources, there is a partnership pathway for you.

We are committed to long-term collaborations with partners who share our dedication to improving outcomes for farming communities.



Farmer health development partner

Driving innovation, research and high impact initiatives

This premium partnership opportunity is designed for philanthropic and corporate organisations seeking to make a powerful, visible contribution to farmer health, wellbeing or safety.

Your organisation will support the development of innovative new research and emerging high-impact solutions and initiatives that advance the NCFH's mission.

This partnership is ideal for organisations seeking to create meaningful change now while also investing in enduring, future focused outcomes. Development partners benefit from:

- ▶ High visibility social impact with credibility and purpose.
- ▶ Alignment with ESG, sustainability and long-term wellbeing commitments.
- ▶ A strong and authentic connection to rural communities.
- ▶ Opportunities to contribute to solutions that grow over time, building generational impact.

“ Some of the most important problems that need to be researched are in rural settings and agricultural settings. Bringing Deakin and Western District Health service together in the National Centre for Farmer Health enables this research to be conducted where it's needed, with high-quality and rigour that a university can provide. ”

- Gary Rogers,
Deakin University



Your support enables us to pilot new ideas, generate robust evidence and drive long-term wellbeing outcomes across Australia.

Opportunities for development partners

Mental health for trusted advisors

Community led support model

The challenge:

Farmers face high levels of psychological distress and many barriers prevent them from seeking traditional mental health support.

The initiative:

A co-designed peer-to-peer model equipping trusted agricultural professionals – agronomists, livestock agents, rural financial counsellors, veterinarians etc. – with the knowledge, skills and confidence to recognise the early signs of mental distress and start supportive conversations.

Expected impact:

- ▶ Early identification of mental health risks.
- ▶ Increased access to supportive pathways.
- ▶ Stronger community capacity developed through peer learning and mentoring.
- ▶ Reduced risk of psychological distress and suicide.

Funding will support:

Co design workshops, training development, Community of Practice, pilot delivery, evaluation.

Paddock Patrol

Primary school farm safety education

The challenge:

Children remain among the most vulnerable to farm-related injury and fatality. Too many families continue to experience preventable trauma.

The initiative:

A hands-on, interactive education program delivered in primary schools, helping children to recognise hazards, make safer decisions and share farm safety knowledge back into their homes.

Expected impact:

- ▶ Increased farm safety knowledge and confidence.
- ▶ Improved family conversations about farm safety.
- ▶ Safer behaviours and environments.
- ▶ Long term reduction in preventable injuries.

Funding will support:

Program development, pilot delivery, facilitator training, student resource packs and evaluation.

Shifting Gears

Farm safety resources for educators

The challenge:

Young people in agricultural regions face unique health and safety risks without adequate targeted education.

The initiative:

An expansion of the existing Shifting Gears program to include additional wellbeing and safety topics aligned to the national curriculum and tailored to the farming context.

Expected impact:

- ▶ Improved risk awareness.
- ▶ Stronger wellbeing literacy.
- ▶ Safer attitudes and behaviours in work and home contexts.
- ▶ Better preparation for careers in agriculture.

Funding will support:

Curriculum resource development to expand program topics (e.g. wellbeing in agriculture, animal handling, working with machinery, zoonotic diseases, respiratory health).

Reach Out Ag

Digital suicide prevention platform for rural communities

The challenge:

Farmers die by suicide at up to twice the rate of the general population. Stigma, geographical distance and limited services often prevent early help seeking.

The initiative:

A co-designed digital platform that allows farmers to quickly send safe and appropriate text-based messages to raise their concerns and respond when they believe someone is at risk of suicide, including links to farmer-focused mental health and suicide prevention resources and service providers.

Expected impact:

- ▶ Greater confidence to initiate conversations around suicide risk.
- ▶ Strengthened peer networks.
- ▶ Improved understanding of available resources and support services.
- ▶ Earlier access to support before crisis.
- ▶ Reduced suicide risk.

Funding will support:

Platform co-design and development, pilot testing, evaluation, community rollout.



Service delivery partner

Supporting program delivery, resource development and community reach

This partnership pathway allows organisations, government bodies, industry groups and community stakeholders to bring established evidence-based NCFH programs directly to their regions.

Your contributions – large or small – helps the NCFH continue to gather evidence about emerging risks, deliver programs, build workforce capacity, evaluate impact and ensure vital resources reach the people who need them most.

Gift giving and donations

One off or ongoing donations help strengthen program delivery, resource development and distribution, support workforce capacity, and ensure essential health, wellbeing and safety programs and resources reach farming families across Australia. Every contribution helps expand our impact and delivery of free resources to farmers, including the popular Managing Stress on the Farm booklet and Tackling the Tough Topics.



Event sponsorship

Organisations can support our work by sponsoring special events. Your organisation will receive rewarding and tailored benefits, such as:

- ▶ Brand visibility.
- ▶ Marketing and promotional opportunities.
- ▶ Networking with farmers, industry stakeholders and rural communities.
- ▶ Additional event specific benefits.

Opportunities for service delivery partners

Our programs are grounded in research, co-designed with farming communities, and delivered by experienced health and agricultural professionals.

Health and Lifestyle Assessments

Duration: 20 minutes

Audience: Farmers, agricultural producers, farm employees and workers, farm contractors

The challenge:

Farmers and agricultural workers are often too busy to organise a regular health check that addresses the unique challenges associated with farming.

The solution:

Our Health and Lifestyle Assessments cover health behaviours, farm safety, and social and emotional wellbeing. The assessment also includes cholesterol, blood glucose and blood pressure readings alongside diabetes risk, body mass index (BMI) and eyesight testing.

Through the assessment our team provide knowledge and skills to enhance participants' health, wellbeing and safety practices, and identify health indicators in agricultural regions which help to better target future research and service delivery.

Gear Up for Ag Health & Safety

Duration: 90+ minutes (catered to school needs)

Audience: Secondary school students (Years 10+)

The challenge:

Children under 15 years of age accounted for 34 farm-related fatalities in Australia between 2020-2026.

The solution:

Gear Up for Ag Health & Safety is delivered by qualified facilitators including nurses and industry representatives. It introduces high school students to farm safety, risk management and best health and safety practices to foster a culture of safety and empower young people to take an active part in improving farm safety.



Calm the Farm: Creating Happy Healthy Workplaces

Duration: 2 hours (face to face)

Audience: Farmers, farm workers, farm managers and agricultural producers

The challenge:

Farming environments are high pressure, unpredictable and often isolating. These conditions create significant work related risks to mental health.

The solution:

This workshop provides practical, solution focused strategies tailored specifically to farm workplaces. Participants learn how to identify and minimise mental health risk factors, strengthen resilience and build a supportive culture that promotes wellbeing across the whole farm business.

Connecting with Farming Communities

Duration: 1 hour (online)

Audience: Mental health professionals

The challenge:

Many practitioners feel under prepared to engage effectively with farming clients due to limited understanding of farming culture and daily realities.

The solution:

This webinar builds the capability of mental health professionals to connect meaningfully with farming communities. By strengthening their understanding of farming culture, values and lived experience, practitioners become better equipped to deliver support that is respectful, relevant and responsive – especially during periods of high stress or disruption.

“ One of the topics that we talk about a lot with farmers is how they manage stress and uncertainty which is a big part of farming, whether it's for seasonal reasons or for market uncertainties. How do they stay at their best in decision making in the midst of change without the stress really undermining that thinking capacity? ”

- Sally Cunningham, Extension Officer

“ We found the workshop to be both informative and engaging, and a valuable space for our employees to learn, share experience and discuss ways to support the wellbeing of farmers and workers alike.

- Iluka Resources Limited ”

Strengthening Farmer Wellbeing: Understanding Identity, Stressors and Resources

Duration: 2 hours (face to face)

Audience: Rural professionals working closely with farmers

The challenge:

Rural professionals regularly work with farmers facing intense pressures, while simultaneously navigating demanding, high stress environments that can impact their own wellbeing and professional boundaries.

The solution:

This workshop equips rural professionals with the knowledge, cultural understanding, and practical tools needed to better support the wellbeing of farmers and farming communities. By strengthening awareness of farmer identity and culture, improving recognition of stress indicators, and integrating trusted wellbeing resources, participants can provide more effective, timely support while also maintaining their own wellbeing and professional resilience.

Customised Health, Wellbeing and Safety Presentations

Duration: 30-60 minutes (face to face or online)

Audience: Tailored to meet the needs of your workplace, organisation or community group

The challenge:

Rural workplaces and community groups often face complex health, wellbeing and safety challenges, limited access to relevant information and unique pressures that generic training does not address.

The solution:

Our presentations are flexible, targeted and grounded in real world experience. Participants gain clear strategies, practical tools and insights they can use immediately in their everyday roles – whether in workplaces, community settings or group environments. Topics include health education relevant to farmers, safety-focused discussions and wellbeing and support pathways.

Let's build something meaningful together



Contact:

Cecilia Fitzgerald

Business Development & Industry Engagement Manager

Email: cecilia.fitzgerald@wdhs.net

Phone: 03 5551 8533



NATIONAL CENTRE FOR
**FARMER
HEALTH**

farmerhealth.org.au

NATIONAL CENTRE FOR FARMER HEALTH

PO Box 283
HAMILTON VIC 3300

Phone: 03 5551 8533
Email: ncfh@wdhs.net

farmerhealth.org.au

Find us on:     

We respectfully acknowledge the traditional custodians of the lands on which we live and work, and pay our respects to Aboriginal Elders past, present, and emerging.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

in partnership with



wdhs
Western District
Health Service



DEAKIN
UNIVERSITY AUSTRALIA