

# Mental Health Support for Farmworkers: Learning to Thrive



**Farmworkers are vital to the California economy and to the food supply for the entire country.** California's 77,500 farms produce more than 400 commodities representing an estimated 13% of the agriculture products consumed in the United States. Despite the essential role farmworkers play, many face significant challenges accessing the care they need to stay mentally and physically healthy. In Coachella Valley, 32% of adults reported experiencing stress, anxiety, or depression. These challenges have only been elevated during the pandemic and can include:

- Lack of Spanish-speaking services
- Being uninsured
- A demanding work schedule
- Extended family care responsibilities
- Economic hardship and/or the added stress of waiting on documentation

**When a person lives in a state of prolonged stress and adversity it can deeply impact mental and physical health.**

## Mental Health is Just as Important as Physical Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. We all go through differing levels of mental health throughout our lifetime, but when mental health challenges are persistent and interfere with daily life, such as work or relationships, it's time to seek additional support.

With appropriate treatment and support, 70-90% of people report a reduction in symptoms and improved quality of life. This resource provides you with information on symptoms to look for, tips for self-care, and free resources to get help.

**It is important to prioritize mental health for yourself and everyone in the family**

## Symptoms of Mental Health Challenges

If you or someone you know is experiencing one or more of the symptoms below for more than two weeks, consider getting help. ***It is important to note that only a medical professional can provide a concrete diagnosis.***

- Social isolation or withdrawal
- Loss of interest in activities that are normally enjoyable
- Increasing inability to cope with daily problems and activities
- Dramatic changes in eating or sleeping patterns
- Denial of obvious problems
- Extreme highs or lows in mood
- Feeling disconnected from oneself or one's surroundings
- Long-lasting sadness or irritability, excessive fear, worry, or anxiety
- Delusions, hallucinations, or confused thinking
- Many unexplained physical problems
- Abuse of drugs or alcohol
- Suicidal thoughts

If at any time you are experiencing an emotional breakdown, are having thoughts of suicide, or are worried about someone else, **call the National Suicide Prevention Lifeline immediately at: (800) 273-8255 (TALK). This is a toll-free line available 24 hours.**

If you need to be connected to mental health services in Riverside County, call the CARES Line at (800) 499-3008.

**If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.**

**Up2Riverside.org**

## If you need help, don't wait, and seek help!

Making the decision to ask for help is not always easy. Many people hope that the problem will just go away on its own or think that they are weak for asking for help. **Acknowledging a problem and seeking help is a sign of strength and courage and is the first and most important step on the road to recovery.** There are tools that can help you recover, including medications, talk therapy, group support, self-assessment, wellness plans, and many other options. **Learn more about coping with tough times and available resources in the information below and/or by visiting: <https://up2riverside.org/resources/resources-for-farmworkers/>.**

### Self-Care: How to Flourish in Life

**Self-care means intentionally disconnecting from the whirlwind of life and focusing on ourselves to recharge and engage in activities that revive us.**

**Social:** Humans are social beings – we need to feel connected to others. Social self-care practices can deepen our relationships and help create feelings of belonging and acceptance.

- Go to coffee with a close friend and engage in meaningful conversations
- Call a family member just to chat
- Spend time with those who encourage you

**Physical:** These practices address your fitness, eating, and sleeping habits, as well as overall physical health. Taking care of your body will increase your energy levels and boost your self-esteem.

- Exercise regularly
- Eat nourishing foods
- Get a restful and full night's sleep
- Laugh

**Mental:** These strategies stimulate your mind and give it a chance to rest. This will allow for learning and growth.

- Read a book
- Solve a puzzle or play a game
- Listen to music
- Disconnect from social media

**Emotional:** Bringing peace and calmness to our inner thoughts can have many benefits, including reduced stress and anxiety, a better understanding of ourselves, and greater compassion and love toward ourselves and others.

- Practice self-reflection
- Say “no” to set healthy boundaries
- Talk to a friend about your personal struggles

**Spiritual:** Spiritual self-care can help you find more meaning in life and discover a sense of purpose.

- Spend relaxing/quiet time in nature
- Meditate
- Attend a religious service
- Practice yoga

### Resources and Additional Information:

The following free resources and services are available in English and Spanish.

#### CARES Line: (800) 499-3008

Available 24 hours a day, 7 days a week. Provides screening and linkage to Mental Health and Substance Use programs in English and Spanish.

#### Riverside University Health System – Behavioral Health:

Provides information about mental health and a comprehensive service directory at [www.rcdmh.org](http://www.rcdmh.org).

#### Riverside County Mental Health Urgent Care:

For help with mental health. All locations are open 24 hours a day, 7 days a week. Call or walk-in. No appointments needed.

##### Riverside (Adults 18 years+)

9990 County Farm Rd., Bldg. 2  
Riverside, CA 92503  
(951) 509-2499

##### Perris (Adults and Youth 13 years+)

85 Ramona Expressway, Suites 1-3  
Perris, CA 92571  
(951) 349-4195

#### 2-1-1 Community Connection: 2-1-1

Connects people with those who can help in critical times.

#### Inland Southern California Crisis Helpline: (951) 686-HELP (4357)

Available 24 hours a day, 7 days a week. The phone lines are answered by trained professionals and the call is free and confidential.

#### NAMI Coachella Valley: (442) 268-7000

Provides support and referral services to people in need across the Coachella Valley.

#### Parent Support & Training Program Phone: (951) 358-5862 - [www.rcdmh.org/psp](http://www.rcdmh.org/psp)

Offers comprehensive treatment and support to families seeking mental health care including parent-to-parent support, education, training, and advocacy.