

# www.ifarmwell.com.au

[www.ifarmwell.com.au](http://www.ifarmwell.com.au) is a **new, FREE, online tool kit to help Australian farmers** cope effectively with life's challenges and get the most out of every day.

It has been developed by Australian farmers in collaboration with a range of organisations from across the agricultural, health, mental health, university and financial sectors.

You do not have to be experiencing a mental health issue to benefit from working through the five, confidential modules on this website.

A video tour of the website can be found here: <https://youtu.be/CUuQcR9tgLs>

Facebook: <https://www.facebook.com/ifarmwell/> | Twitter: <https://twitter.com/ifarmwell>

Visit [www.ifarmwell.com.au](http://www.ifarmwell.com.au) to register and get started today



**ifarmwell.com.au is a new online tool kit to help Australian farmers effectively manage life's challenges and get the most out of every day**

It has been designed based on

- what farmers want
- what research shows will help

We are currently evaluating the impact of this website. If you...

- are 18 years of age or older
- have access to the internet, a mobile phone
- you OR your partner currently own OR play an active role in the operation of a **farming or pastoral enterprise** in Australia.

we would **really value** your help.

**You do not need to be experiencing poor mental health to help test this website.**

**It has been designed to help improve ALL farmers' wellbeing.**

Visit [www.ifarmwell.com.au](http://www.ifarmwell.com.au) to register and help test this important new, confidential, free and farmer-focused resource today.

Your assistance would be greatly appreciated.



nabfoundation



This project has been approved by the University of South Australia's Human Research Ethics Committee. If you have any ethical concerns about the project or questions about your rights as a participant please contact the Executive Officer of this Committee, Tel: +61 8 8302 3118, Email: [Vicki.Allen@unisa.edu.au](mailto:Vicki.Allen@unisa.edu.au)

For more '**Hart Healthy Farmer**' resources, visit:

<http://www.hartfieldsite.org.au/pages/resources/healthy-farmers.php>

