Depression: More than just *Sadness*

Life can sometimes feel stressful,
but it shouldn't feel hopeless. If you have been experiencing feelings of sadness or low mood for a while,
you are not alone.

COMMON SIGNS OF CRISIS OR DEPRESSION

Frequently feeling sad, hopeless, or angry
Constantly feeling anxious or worried
Changes in sleep, appetite, or weight
Increased physical pain: stomaches or headaches
Loss of interest in usual activities

*1 in 5 U.S. adults experiences a Mental Health Disorder

AVOID THESE COPING STRATEGIES

Dealing with substance use or self-medicating; hurting yourself or acting out violently; isolating from loved ones; being compulsive or zoning out.

INSTEAD CONSIDER

Try meditation or breathing exercises; move your body; choose healthier foods; call a friend; and chat with a professional about your feelings if you need to.

CAUSES OF DEPRESSION OR CRISIS

Feeling stressed about work, money, or where you live, missing people you care about, the triggering of a traumatic event, and not really knowing what self-care means or how to make it happen.

WHERE CAN I GET HELP?

A community clinic in your neighborhood, or a mobile clinic may visit your workplace for your convenience. You can chat with a mental health professional via tele-health video or phone call.

WHAT WILL HELP LOOK LIKE?

A mental health professional will speak with you to understand your life and challenges. You may complete a questionnaire to assess your situation and find the best way to support you.

LINK TO COMMUNITY RESOURCES

A case manager at the community clinic can help link you to resources like food, clothing, and financial support. They can also work with your mental health provider to make it easier for you to get the help you need.

988 SUICIDE & CRISIS LIFELINE

Call or Text 988 24/7

AGRISTRESS HELPLINE

833-897-2474

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Strategies to Address Mental Health with *Migratory and Seasonal Agricultural Workers (MSAWs)*

COMMON CAUSES OF STRESS FOR MSAWS

Work-related stress and anxiety: This may stem from long hours, low pay, and concerns about job security and working conditions.

Worries about the future: Uncertainty about living conditions and stability can be a significant source of anxiety.

Loneliness and Isolation: Missing family and friends who are far away and difficult to contact can lead to feelings of isolation.

Housing instability: Concerns about stable housing can add to stress.

Lack of awareness about mental health: Many may not know what self-care is, the symptoms of depression, or how negative past experiences can affect their current mental health.

BARRIERS TO ACCESSING MENTAL HEALTH SERVICES FOR MSAWS

Stigma: MSAWs often fear being labeled as "crazy," which discourages them from seeking help.

Time Constraints: Limited availability of services, especially outside of work hours, makes it difficult to schedule appointments.

Unrecognized Symptoms: Many do not realize that physical issues like fatigue, sleep disturbances, changes in appetite, and unusual angry outbursts can indicate depression.

Lack of Awareness: There is often insufficient knowledge about available mental health services in the community.

Language Barriers: A shortage of mental health providers who speak their language hinders access to care.

Beliefs: Discussions about men's mental health and feelings of sadness are often not addressed.

HOW TO TALK ABOUT MENTAL HEALTH WITH MSAWS

Be honest about wanting to talk about mental health and stress that anything shared will be kept private. Building trust helps the person feel comfortable sharing their thoughts and experiences, which can reduce stigma.

Follow their lead. Pay attention to their cues when discussing mental health. Look for signs, like eye contact and tone of voice, to see if they want to talk. Some may be ready to share their thoughts, while others may need more time to feel comfortable.

Explain how the mind and body are connected. Some MSAWs might not realize that mental health affects physical symptoms.

Ask about their support system. This includes family, friends, and community members. Identify specific concrete supports and have referrals ready for help with food and basic needs if needed.

Introduce self-care if they are unfamiliar, and explain why it is important. Provide ideas for positive self-care, encourage them to engage in hobbies, and explain why negative coping strategies can be harmful.

If they mention ongoing physical symptoms that disrupt daily activities, **suggest** they complete a mental health assessment. This can help decide if they need to see a mental health professional.

Encourage them to use mental health services and **normalize** reaching out for help. You can connect them with a trusted mental health provider who will listen and assist them with their concerns.

If they are **short on time**, inform them about **mobile clinic services** or let them know about the option to meet a mental health provider through **tele-health** or by **phone.**

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3. Evangelidou, S., et al., (2023). Screening and routine diagnosis of mental disorders among migrants in primary care: a cross-sectional study. The Journal of Migration and Health.
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