

OUT OF THE SHADOWS

About the "Out of the Shadows" Documentary

"Out of the Shadows" is a powerful 20-minute documentary that aims to bring awareness to the mental health crisis in rural America. The documentary sheds light on the struggles faced by farmers, ranchers, and other rural community members, highlighting the urgent need for mental health resources and support.

There's a mental health crisis in rural America

The documentary reveals the alarming rates of mental illness, depression, and suicide in rural communities. Farmers are 3.5 times more likely to die by suicide than the general population, and the suicide rate has increased 46% in rural America in the last 20 years, according to the National Rural Health Association. This issue impacts every part of the ag industry. We spoke with farmers and mental health professionals across the country, showing just how far reaching this crisis truly is.

Let's remove the stigma, together

The documentary seeks to remove the stigma surrounding mental health, which often prevents individuals from seeking help. Our hope is that rural community members feel just as comfortable getting support for their mental health as they do for their physical health.

Help rural America get support

The documentary encourages viewers to recognize the signs of mental distress and to seek help. It provides resources such as the Suicide and Crisis Lifeline (988) and resources from Farm Credit. It also highlights the importance of community support and the role of organizations in addressing the mental health crisis.

Build awareness in your community

The documentary is part of a broader effort to raise awareness and equip communities and organizations in rural America to inspire change and support those in need. A dedicated microsite hosts the full-length documentary and additional resources for viewers to use to educate others about this crisis and the need for more mental health resources in rural America.



If you or someone you know needs support now, call or text the **Suicide and Crisis Lifeline at 988**. Help is available around the clock every day.