**October 28, 2019**

Another in the series of Illinois Agriculture in the Classroom non-fiction text examples to be used in your classroom. Remember, these will be available every MONDAY afternoon that *FarmWeek* is published during the school year.

Questions about this can be directed to Kevin Daugherty, Education Director of Illinois Agriculture in the Classroom at kdaugherty@ilfb.org.

\*\*Reminder these questions are designed to use with the on-line version of *FarmWeek.*

<http://digital.farmweeknow.com/app.php?RelId=6.2.2.7>

Note, by request of teachers we have included the answers to the questions immediately following the questions on a separate worksheet.

*Teachers want to be sure to get this in a timely fashion? Sign up for your copy to be directly emailed at* <http://www.agintheclassroom.org/FWArticle/fwarticle.shtml>

Help closer than you think for mental health

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS PERIOD\_\_\_\_\_\_**

**Directions:** Please use the online version of *FarmWeek.* <http://digital.farmweeknow.com/app.php?RelId=6.2.2.7>

Use the article titled:

**Help closer than you think for mental health**

1. Explain what you think the phrase ‘a broken mind is no different than an injured foot’ means.
2. Why does Jim Birge, Sangamon County Farm Bureau Manager want to attain his Mental Health First Aid certificate?
3. Where is Sangamon County, IL?
4. What is telehealth?
5. Why do you think the phrase ‘with no need for insurance’ is important when addressing mental health?
6. Birge describes farmers in 2019 in a more fragile mental health state now suffering a great deal of stress. What do you attribute to this crisis?
7. How do you feel about using an over the internet provider for medical or mental health issues? How do you think older generations feel about this? Explain your answer.

Answer Key

1. Answers will vary.
2. To heighten awareness of mental health and break the sigma on an issue growing in prevalence.
3. (Located in the middle of the state, it is home to Springfield, our state capital.)
4. A term used interchangeably with telemedicine that delivers nonemergency health care over the internet.
5. Answers will vary, but the cost and availability of health insurance is an issue. Although $99 for therapy could be viewed as expensive, it provides options for those suffering with mental health issues.
6. Answers will vary but weather conditions this year coupled with trade issues would be major causes.
7. Answers will vary.