

Stuber Stigma

Speaker 1

Northern Ag Network asked farmer Travis Stuber. What is this mental health stigma? Why is it so hard to get beyond the weather?

Travis Stuber

I think the stigma around is weakness. And as ranchers, farmers, that's like the last thing we want to show. On the flip side, if you're not working at your hundred percent capacity, if your mental health is not there, you're not sleeping right, you're distracted mentally. Your anxiety is high. Your depression is high. Things like that. You're not even close to what you should be.

And your business, your enterprise, is suffering because of it. If you had a sick tractor out there, you weren't sitting there and keep limping that thing along year after year, you'd go, hey, to get optimal performance on this track, I got to get it fixed.

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So how do we get past the mental health stigma?

Travis Stuber

If we can humble ourselves and get to a point of where we are okay with talking about the struggles that we're all dealing with, and it can be an open thing. We are going to be at such a higher capacity of what we can do.

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If you're ready to ask for help, head to [Beyond the Weather.com](https://www.beyondtheweather.com) for the free counseling access for Montana Ag producers.