



# ifarmwell.com.au

growing farmers' wellbeing



**ifarmwell.com.au is a new online tool kit to help Australian farmers cope effectively with 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.

Farmers who test all five of the engaging online modules (30-40 minutes each, about 2 weeks apart) and complete the questionnaires before and after, will have the option of being sent a \$100 voucher to partly reimburse them for their time and internet-related expenses.

**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.



Sansom Institute  
for Health Research

nabfoundation

