

# What is driving the high suicide rate among farmers?

By Cheri Burcham,  
Family Life Educator  
University of Illinois  
Extension

An important topic that many do not talk about is suicide. I wanted to share this article from the News Bureau of University of Illinois UC that specifically addresses suicide among farmers: Josie Rudolphi is a professor of

agricultural and biological engineering at the University of Illinois Urbana-Champaign whose research examined suicide among farmers and ranchers, as well as the mental health of their children. She is the co-director of the North Central Farm and Ranch Stress Assistance Center, a 12-state, 15-partner collaborative based in Illinois Extension

that offers stress management and mental health interventions. Rudolphi spoke with News Bureau research editor Sharita Forrest about the mental health needs of people in the farming industry.

Recent data from the U.S. Centers for Disease Control and Prevention indicated that farmers are twice as likely as people in other occupations to die by suicide. What are the unique stressors affecting the mental health of farmers?

While most farmers in the Midwest had a good harvest this year and commodity prices are strong, they are faced with incredibly high input costs. Unpredictable commodity prices have so much impact on the viability of a farm. There's a lot to celebrate, but the future is so uncertain. And they can't control the weather. While Illinois had good weather this growing season, that wasn't the case nationwide. There were drought conditions in other parts of the country, and that's a huge concern for some of our partners who are providing stress assistance for those farmers.

Migrant workers experience different types of stress than do producers – such as issues with immigration sta-

tus, acculturation, language and discrimination. We need to focus a lot more attention on the mental health of farm workers, too.

Most parts of Illinois are designated mental health care shortage areas – meaning we just don't have the providers and services to meet the need. In terms of barriers, we talk about the four A's – accessibility; availability, and we see that as a huge barrier; affordability; and acceptability or stigmatization. Most farmers are independent producers who operate on very thin margins. Mental health care is often considered a luxury or an unnecessary expense.

Geographical distribution of the populations is another challenge – farmers are scattered across the counties and states. They're not in one centralized workplace like a health care facility or university campus that would make mental health education and outreach easier. And their schedules are incredibly varied.



icism; however, these labels may be damaging and discourage them from seeking help or reaching out. Our results underscore broader observations among the general population that men are more likely to internalize their experience, meaning they are less likely to talk about what they are going through and how they are feeling.

In the farmer suicide study, we found that older men and women who farmed were more likely to die by suicide if they had health problems, while younger men were more likely to have had relationship problems. Women farmers who lived in medium-sized towns had higher suicide rates compared with those in rural areas. That was interesting because we typically think of urban and micropolitan areas as having more resources such as access to mental health care.

Some resources available to farmers who may be in crisis are:

North Central Farm and Ranch Stress Assistance Center – [www.farmstress.org](http://www.farmstress.org)

National Suicide Prevention Lifeline: 1-800-273-8755 or 988

Crisis Text Line: Text "HOME" to 741741

We still see stigmatization around mental health in these communities, but I think that's starting to change. Stigma seems to be more pervasive among certain demographics. For example, it appears as though it's more challenging for older generations to talk about mental health issues. And in small communities, people are very conscious of other people knowing what their vehicles look like and not wanting people to recognize their car or truck parked outside a mental health clinic.

There's a ton of identity tied up in agriculture, like there is for people in many other occupations. Agricultural producers are highly independent, and society rewards resiliency and sto-

**PUBLIC NOTICE • PUBLIC NOTICE**

Notice is given that the DRAFT Region 8 Human Service Transportation Program Web Plan (HSTP) is available for a 30-day public comment period

**HSTP Web Plan Purpose:**  
To improve human service and public transportation for older adults, individuals with disabilities, and individuals with low incomes, through coordinated transportation in the rural areas of East Central Illinois. East Central Illinois HSTP Region 8 Counties: Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Macon, Moultrie, Piatt, Shelby, & Vermilion

**When to comment:**  
Public comment accepted for 30 days starting February 15, 2023

**How to comment:**  
View the Web Plan at [ccrhc.gitlab.io/hstp2020](http://ccrhc.gitlab.io/hstp2020) and send your comments to Mimi Hutchinson, transportation planner at Champaign County Regional Planning Commission: [ehutchinson@ccrhc.org](mailto:ehutchinson@ccrhc.org) or 217-531-8285. HSTP meetings are open to the public. All agendas and meeting information can be found here: [ccrhc.org/committees/region-8-hstp](http://ccrhc.org/committees/region-8-hstp)

Please contact Mimi Hutchinson at [ehutchinson@ccrhc.org](mailto:ehutchinson@ccrhc.org) or 217-531-8285 if further assistance is needed.



**ARCOLA FIRST BANK**  
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Every Person Matters  
Arcola, Illinois

**ARCOLA FIRST CHRISTIAN CHURCH**  
Small Town Church in God's Big Kingdom  
311 E. Main St., Arcola, IL 61910  
Phone 217-268-3738  
[www.1cchurch.org](http://www.1cchurch.org)  
Wednesday, February 15  
7:00 p.m. – Board Meeting  
Sunday, February 19  
9:00 a.m. – Sunday School  
10:00 a.m. – Worship Service  
Guest Speaker – Ken Bunker Elder – Darlene Budd Deacon – Linda Clark

**ARCOLA FIRST CHURCH OF THE NAZARENE**  
Rev. Ivan Jess  
Phone 217-268-4769 or 217-276-3020  
Sam Miller, SS Supt.  
Phone 202-6094  
Sunday  
9:30 a.m. – Sunday School  
10:30 a.m. – Morning Worship (Sign Language Interpreter)  
6:00 p.m. – Sunday Evening Service  
Wednesday  
6:00 p.m. – Bible Study  
Missionary Meeting  
Second Wednesday of the month

**ARCOLA FREE METHODIST CHURCH**  
219 North Walnut Street  
Bill Ramsey, Pastor  
Phone 217-268-4501  
Cell 217-294-1868  
If no answer, call 217-346-2474  
Sunday  
10:30 a.m. – Morning Worship

**ARCOLA MISSIONARY BAPTIST CHURCH**  
220 W. Springfield Rd.  
Arcola, IL 61910  
Pastor Todd Nolen  
Phone 217-346-2707  
<http://tmnolen.wixsite.com/ambc>  
Facebook: Arcola Missionary Baptist Church  
Sunday  
10:00 a.m. – Church Service  
10:15 a.m. – Children's Sunday School

**ARCOLA PRESBYTERIAN CHURCH (USA)**  
305 E. Jefferson St., Arcola, IL 61910  
Phone 217-268-3212  
Pastor: Rev. Paula Carmichael  
Anita Gilliland, Clerk of Session  
Email: [arcolapc@consolidated.net](mailto:arcolapc@consolidated.net)  
<https://arcola.presbyterian.website>  
Sunday, February 19  
10:30 a.m. – Worship Service

**ARCOLA UNITED METHODIST CHURCH**  
A Place to Encounter Jesus Christ  
121 S. Locust, Arcola  
Pastor Seth Emerson  
Phone 217-268-4287  
Website: [www.arcolaumethodist.org](http://www.arcolaumethodist.org)  
Sunday, February 19  
9:00 a.m. – Encounter Worship

**BOURBON BAPTIST CHURCH**  
Bourbon, IL  
Pastor David Babb  
[bourbon.baptist@yahoo.com](mailto:bourbon.baptist@yahoo.com)  
Sunday  
10:00 a.m. – Worship Service  
10:45 a.m. – Sunday School

**CHRISTIAN CHURCH OF HINDBORO**  
Sunday  
9:30 a.m. – Sunday School  
10:30 a.m. – Worship Service  
Wednesday  
7:00 p.m. – Bible Study

**CHURCH OF CHRIST AT KEMP, IL**  
132 W. Kemp St., Arcola, IL 61910  
Phone 217-508-6456  
Sunday  
9:30 a.m. – Bible Study  
10:30 a.m. – Worship  
6:00 p.m. – Worship  
Wednesday  
6:30 p.m. – Bible Study

**CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**  
1100 E. North Line Rd, Tuscola, IL  
Phone 217-253-3896  
Branch Pres. – Rafael Ruggieri  
1st Counselor – Kevin Johnson  
2nd Counselor – Keven Lewis  
Sunday  
9:30 a.m. – Sacrament  
10:30 a.m. – Sunday School

**EAGLE MOUNTAIN ASSEMBLY OF GOD**  
401 Sale Street, Tuscola  
Phone 217-253-4444  
Darin Elder, Pastor  
Sunday  
10:00 a.m. – Worship  
Sunday Evening  
6:30 p.m. – Worship  
Wednesday  
6:30 p.m. – Worship

**FIRST BAPTIST CHURCH OF ARCOLA**  
220 E. Main St., Arcola, IL 61910  
Pastor Doug McClellan  
Phone 217-268-4890  
Sunday  
9:00 a.m. – Worship Service 10:15 a.m. – Sunday School for children and adults. Everyone welcome.

**FIRST APOSTOLIC CHURCH OF ARTHUR**  
320 Surrey Lane, Arthur, IL 61911  
Pastor Timothy Froese  
Phone 217-543-3024  
Email: [facarthur@yahoo.com](mailto:facarthur@yahoo.com)  
Sunday  
10:00 a.m. – Sunday School  
11:15 a.m. – Worship & The Word  
Wednesday  
7:00 p.m. – Bible Study

**HINDBORO UNITED METHODIST CHURCH**  
Third Wednesday  
7:00 p.m. – UM Women Meet  
Sunday  
9:00 a.m. – Morning Worship  
10:30 a.m. – Sunday School

**HUMBOLDT UNITED METHODIST CHURCH**  
419 Jefferson Street  
Humboldt, IL 61931  
Phone 217-856-2369  
Pastor Mitch Ramey  
Sunday  
10:00 a.m. – Worship Service  
Second Wednesday  
2:00 p.m. – UMW meeting in the church  
First Saturday  
7:30 a.m. – Men's breakfast at Pagliacci's Restaurant in Mattoon

**IGLESIA DEL NAZARENO**  
Spanish Church of the Nazarene  
Rev. Waldemar Perez-Lopez  
217 N. Ridge St., Arcola, IL 61910  
Phone 217-268-4653  
Sunday  
10:00 a.m. – Worship Service  
6:00 p.m. – Youth Group  
Wednesday  
7:00 p.m. – Bible study and prayer  
Friday  
6:00 p.m. – Women's Worship & Bible Study

**IMMANUEL LUTHERAN CHURCH MISSOURI SYNOD**  
Pastor Jason Braaten  
600 E. Northline Road, Tuscola, IL  
Phone 217-253-4341  
Website: <http://immanueltuscola.org>  
Saturday  
5:30 p.m. – Church Service  
Sunday  
9:00 a.m. – Church Service  
10:30 a.m. – Bible Class

**LIFEPOINTE CHURCH**  
Nondenomination / Spirit-Filled  
Pastor Scott Howell  
700 E. Main St. • Arcola, Illinois  
Phone 217-268-4586  
Sunday Service  
10:30 a.m. – Worship Service  
Wednesday  
7:00 p.m. – Bible Study

**SPANISH SERVICE**  
Spanish Pastor: Rogelio Gutierrez  
Phone 217-636-4838  
Sunday  
5:00 p.m. – Bible Study  
Wednesday  
7:00 p.m. – Service

**THE LIGHT HOUSE**  
Pastor: Paul Etherton  
215 E. Pembroke St. • Tuscola, IL  
Phone 217-246-8020  
Sunday Services  
9:30 a.m. – Worship Service  
10:45 a.m. – Sunday School  
6:00 p.m. – Evening Worship

**PLEASANT GROVE BAPTIST CHURCH**  
Cooks Mills, IL  
Interim Pastor:  
Rev. Stephanie Johanpeter  
Sunday  
9:30 a.m. – Sunday School  
10:30 a.m. – Worship Service

**ROMAN ROAD BAPTIST CHURCH**  
Fundamental Independent  
3 Miles North & 2 Miles West of Arthur  
Interim Pastor Jack Barton  
Sunday  
10:30 a.m. – Worship Service

**ST. JOHN THE BAPTIST CATHOLIC CHURCH**  
Rev. Angel Sierra, Pastor  
Washington & Pine Streets  
Phone: 217-268-3766  
Email: [johnbaptist@consolidated.net](mailto:johnbaptist@consolidated.net)  
Sunday  
9:30 a.m. – Mass  
Weekday Mass  
Wednesday  
5:15 p.m. – Confessions  
5:30 p.m. – Mass

**ST. PAUL'S LUTHERAN CHURCH**  
2 Miles East of Dorans  
Rev. Paul Hopkins  
Sunday  
9:00 a.m. – Sunday School  
10:00 a.m. – Church Service

**SUNNYSIDE CONSERVATIVE MENNONITE CHURCH**  
1/2 Mile East of Chesterville  
Larry Locke, Pastor  
Lonnie Gingerich, Asst.  
Sunday  
9:30 a.m. – Sunday School  
10:30 a.m. – Church Services  
6:00 p.m. – Sunday Evening Services

**TUSCOLA UNITED CHURCH OF CHRIST**  
Minister: Rev. Ralph Deal  
114 E. Pembroke, Tuscola  
Phone 217-253-2532  
Sunday  
9:00 a.m. – Morning Worship  
Sunday School immediately after worship service.

**WALNUT GROVE CHRISTIAN CHURCH**  
Pastor: Steven Stern  
Youth Pastor: Aaron Boothe  
4 Miles East of Arcola,  
4 Miles South on Filson Road  
12930 E. Co. Rd. 1700 N.  
Phone 217-856-2155  
[www.walnutgrovecc.org](http://www.walnutgrovecc.org)  
Sunday  
8:30 a.m. – Fellowship Time  
9:30 a.m. – Worship Service  
Following Worship, Adult Small Groups and Children's Sunday School

**ZION UNITED CHURCH OF CHRIST**  
Pastor: Dennis Hanner  
701 N CR 250 E, Arthur, IL  
4 miles west and 2 miles north of Arcola  
Phone 217-578-2203  
Sunday  
9:00 a.m. – Morning Worship  
10:30 a.m. – Sunday School

## SCHOOL MENUS

Below are the hot lunch and breakfast menus for the upcoming week at Arcola schools.

**LUNCH**  
• Cold milk and peanut butter and jelly sandwich served with hot lunch daily.

**Thursday, February 16** – Cheeseburger soup, cornbread, ham & cheddar melt, Caesar salad, tater tots, garden salad, fruit.

**Friday, February 17** – Nardone's pizza, fish sandwich, popcorn chicken salad, fruit muffin, garden salad, broccoli, ranch dressing, fruit.

**Monday, February 20** – Cheesy pasta, Italian bread, Italian calzone, chicken bacon ranch salad, fruit muffin, garden salad, green beans, fruit.

**Tuesday, February 21** – Cheeseburger, three cheese grilled cheese, Caesar salad, Italian bread, garden salad, baked beans, fruit.

**Wednesday, February 22** – Chicken patty, hot roll, hard boiled egg, Cobb salad, focaccia bread, mashed potatoes, gravy, steamed broccoli, fruit.

**Thursday, February 23** –

French dip sandwich, hot dog on bun, Big Mack salad, cornbread, french fries, garden salad, fruit.

**Friday, February 24** – Cheese pizza, Italian sub, popcorn chicken salad, baby carrots, ranch dressing, fruit.

**BREAKFAST**  
• Cold milk, cold cereal, fruit & yogurt parfait, assorted juice and fruit will be offered daily.

**Thursday, February 16** – Cheesy ham & egg casserole, cinnamon toast, cereal.

**Friday, February 17** – Biscuits & gravy, sausage patty, cereal, toast, jelly..

**Monday, February 20** – Pancakes, cereal, cheese stick

**Tuesday, February 21** – Cinnamon roll, cereal, cinnamon toast.

**Wednesday, February 22** – French toast, cereal, muffin squares.

**Thursday, February 23** – Scrambled eggs, toast, jelly, cereal.

**Friday, February 24** – Egg & cheese biscuit, cereal, cinnamon toast.

## GRAIN MARKETS

As reported by Total Grain Marketing - Arcola at 1:48 p.m., Monday, February 13, 2023.

	Corn		Beans
Cash	\$6.77	Cash	\$15.23
July '23 (futures)	\$6.69	July '23 (futures)	\$15.16

## BUSINESS DIRECTORY

[www.arcolastorage.com](http://www.arcolastorage.com)

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