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U.S. SENATOR *for* CALIFORNIA

The Supporting Farm Workers' Mental Health Act

Farm workers feed our nation, yet they face higher rates of mental health concerns due to long work hours, little to no benefits, and severe economic hardships. The “The Supporting Farm Workers’ Mental Health Act of 2023” aims to ensure that the Farm and Ranch Stress Assistance Network better serves the behavioral health needs of farm workers.

Background

- The Farm and Ranch Stress Assistance Network (FRSAN) was created in 2008 in response to high rates of behavioral health concerns among farmers, ranchers, and other agricultural workers.
- In the fifteen years since FRSAN became law, we’ve learned more about the needs of farm workers and new ways to provide effective mental health care.
- 19% of farm workers reported symptoms of anxiety and 14% reported feeling depressed, according to a recent UC Merced study.

What the Bill Would Do:

- Amend FRSAN to include farm workers as an eligible population.
- Explicitly make peer-to-peer mental health support, which is both cost-effective and often more culturally competent, an eligible grant activity.