



MEDIA ALERT

WHAT: Jeff Winton will deliver a presentation, detailing the new [Rural Mental Health Resilience Program](#).

WHEN: Wednesday, March 27, 2024 | 8:00pm ET

WHERE: Fredonia Grange Hall, 58 W Main St, Fredonia, NY, United States, New York

HOW: This session is open to the general public.

WHY: There is a mental health emergency in rural America. 46 million Americans, approximately 14% of the population, live in rural areas. According to the latest stats from the CDC, suicide rates among people living in rural areas are 64% to 68% higher compared to people living in large urban areas. Additionally, farmers and ranchers are nearly twice as likely to die by suicide compared to other occupations.

Recognizing the self-reliance and do-it-yourself mindset that are common among many people living in rural America, the Rural Mental Health Resilience Program provides a toolkit with free mental health information, resources and training to help rural residents improve mental health in their communities.

WHO: **Speaker:** Jeff Winton is Founder and Chairman of Rural Minds™, a national 501(c)(3) nonprofit organization with a mission to serve as the informed voice for mental health in rural America, and to provide mental health information and resources. Due to a family tragedy, Jeff decided to devote a significant portion of his energies to connecting rural Americans to much-needed mental health services and helping them to tell their personal stories to assist others on similar journeys. In addition to being the founder and chairman of Rural Minds, Jeff is the founder and owner of Wall Street Dairy LLC, a working family dairy farm in Chautauqua County, New York, and a member of a multigenerational farm family.

Fredonia Grange President: Mark Mackey

Mark Mackey and [Jeff Winton](#) are available for media interviews prior to and after the session.

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