TRANSCRIPT OF MEDIA-OSF Silver Cloud helps farmers weather a storm of uncertainty

Matthew Goedeke, Central Illinois farmer and farm sales account representative

Goedeke, who is in his 30s, says has known farmers who let that kind anxiety and depression drive them to suicide.

"They're also the same guys, I talked to them quite often and I never really thought they had a problem or anything like that, so it goes back to that, they just hold it in and then don't really know what to do and in their minds, there's really no other option," he shared. (:22)

Goedeke says he also gained new insights when he reflected on recent challenges.

"I felt like I could just relate more real-life scenarios of alright, if I had thought of it this way, maybe I could have handled this situation better." (:09)

Quizzes and exercises provide personalized feedback and helpful strategies such as journaling, mindfulness and breathing exercises. Goedeke says it responds to you in a personalized way.

"Based off of how your personality is, this is some ways you can kind of deal with things and cope with things and go about tackling task at hand but it's super easy to navigate. You just scroll up, get to the bottom of that page, hit the button and it's on to the next one." (:21)