OSF SilverCloud helps farmers weather a storm of uncertainty

ANCHOR LEAD-IN:

Record-high diesel prices, rising fertilizer costs and growing financial uncertainty are adding to the pressures facing farmers.

For many, stress can take a toll on mental health. But OSF HealthCare is offering farmers a convenient way to find support — without having to leave the farm.

Matt Goedeke's family farms 1,800 acres of corn and soybeans in Knox and Fulton counties. He also works off the farm selling agricultural products. He says he's seen how stress and depression can affect people in the farming community, sometimes with tragic consequences.

That's why he's encouraging others to take advantage of OSF SilverCloud.

The website and smartphone app offer mental health assessments, exercises and coping strategies that users can access anytime, whether they're at home, in the shop or sitting in their truck.

Goedeke says one of the biggest advantages is how simple the program is to use.

"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)

Users can work through short modules at their own pace, with exercises focused on things like mindfulness, breathing and journaling.

Goedeke says he often uses SilverCloud when he has a few spare minutes waiting for supplies or relaxing at home.