

## News Articles

**Successful Farming Magazine** - The smell of fresh coffee wafts through a friendly meeting room overlooking a busy street in Rocky Ford, Colorado. A plate of glazed doughnuts sits on the table. The welcoming space features a large, rectangular table, comfortable chairs, plants, notice boards, and dozens of wooden plaques emblazoned with the brands of several local ranchers.

<https://www.agriculture.com/community-conversation-and-coffee-help-ranchers-heal-11811586>

**PBS: Colorado Voices** – The Coffee Break Project supports the ag community through the stress of rural life.

<https://www.pbs.org/video/the-coffee-break-project-g7ui51/>

**Reasons to be cheerful** - Despite persistent stigma, agricultural workers are learning to treat their emotional well-being with as much care as their soil health.

<https://reasonstobecheerful.world/rural-colorado-farmers-ranchers-mental-health-care/>

**Rural Health Information Hub** - The Coffee Break Project is a community-driven model to support the mental health and emotional well-being of farmers and ranchers in rural eastern Colorado.

<https://www.ruralhealthinfo.org/project-examples/1100>

**The New York Times** – Aching from a string of farmer suicides and other rural mental health challenges, neighbors in eastern Colorado are learning how to check in on one another.

<https://www.nytimes.com/2022/10/06/opinion/colorado-farmer-suicides.html>