

AGRICULTURE CAN BE STRESSFUL

Are you or someone you know experiencing:

- Change in routine
- Decline in care of farm and/or livestock
- New or increased financial pressures
- Loss of interest in hobbies/activities
- Change in mood:
 - anxious ◦ agitated ◦ angry



Farm stress can be managed.
Talking about it can help.

FREE and **confidential** resources:

Farm Aid Resource Line:

1-800-FARM-AID (327-6243)

National Suicide Prevention Hotline:

1-800-273-TALK (8255)

For additional resources visit www.farmstress.us