



Stronger Together

#FarmStateOfMind

farmstateofmind.org

A healthy farm or ranch is nothing without a healthy you. Here are some tips and resources for dealing with stress or offering your support.

WHAT TO LOOK FOR: SIGNS OF STRESS

PHYSICAL: headaches, backaches, exhaustion, frequent sickness, upset stomach, ulcers, trouble sleeping.

EMOTIONAL: irritability, depression, anger, anxiety, lack of confidence, sadness, bitterness, feeling discouraged or hopeless

MENTAL: memory loss, lack of concentration, difficulty making decisions

BEHAVIORAL: substance abuse, violence, decline in the care of livestock or domestic animals, increase in farm accidents, overeating or loss of appetite.

RELATIONSHIPS: loss of humor, withdrawal, decreased interest in family activities or community events, verbal outbursts, difficulty communicating

HOW TO TALK ABOUT IT

If you've seen signs of stress or anxiety in a neighbor or family member, conversation is an important way to offer support. Here are some things to consider:

- Don't wait for them to ask for help—they may remain silent as their stress worsens.
- A great way to start a conversation is by sharing a habit you've seen change or by reminding them of something they've said.
- Acknowledge what they're going through, and try not to compare their challenges to someone else's or minimize their concerns.
- If they're willing to get help, gently encourage them or offer a suggestion.
- What matters most is showing that you care and being there to listen.
- Stay in touch and follow up as needed to let them know you're there for them.

Visit farmstateofmind.org to access:

- A national directory of mental health resources by state
- Tips on recognizing warning signs and how to start a conversation
- Research on rural and farmer mental health
- Free on-demand training

988 Suicide and Crisis Lifeline

Text or call 988 for help, 24/7

Follow #FarmStateOfMind on to join the conversation and show your support.



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