



Understanding Your Mental Health and Farm Stress

Mental health awareness is achieved with an understanding of how to obtain and maintain positive mental health. People with limited mental health awareness may be unable to recognize signs of distress in themselves or others, which can prevent them from seeking support.

UNIQUE ASPECTS OF FARM STRESS

Farm stress is the stress experienced by farmers and their families as a result of the unique agricultural work environment. Farm stress can be experienced by the farmer/producer, agricultural workers, and/or farm families.

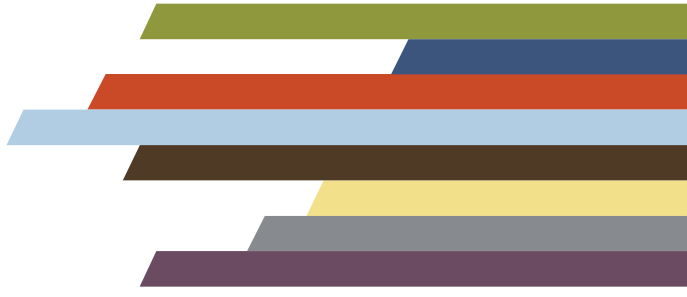
SIGNS AND SYMPTOMS OF MENTAL HEALTH CONCERNS

- Changes in routines or social activities
- Decline in the care of domestic animals
- Increase in illness or other chronic conditions
- Increase in farm accidents
- Decline in appearance of the farmstead
- Signs of stress in children including struggles with school
- Decreased interest in activities or events

RESOURCES

- National Alliance on Mental Illness (NAMI) at 1-800-950-6264 or email info@nami.org
- National Suicide Prevention Lifeline at 1-800-273-8255
- Crisis Text Line: Text HOME to 741741

LOCAL RESOURCES OR CONTACT INFORMATION



SAMHSA

Substance Abuse and Mental Health
Services Administration

These materials were developed by the Mountain Plains MHTTC, Mid-America MHTTC, and the Mid-America ATTC for use by extension offices and other rural organizations to support community mental health efforts. Inserting local contact information and resources is encouraged; however, any co-branding efforts, such as adding organization logos, must adhere to TTC Network branding and style guidelines. For more information, please contact mountainplains@mhttcnetwork.org.

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