



IT'S OKAY TO ASK FOR HELP

STRESSED?

Stress affects everyone in different ways. It impacts our mental health and physical health. Ignoring signs that our mental well-being needs a tune-up could result in time away from work & increased healthcare expenses.

Even the toughest people need help sometimes.



Scan to save the number!

HELPLINE INFO

A 24/7 lifeline for agricultural communities.

Staffed by professionals trained to respond appropriately to the agricultural community through a program developed by experts in mental health, agriculture production, mediation, and financial analysis.

Utilizes a "care navigation" process that:

- triages for safety with crisis intervention and response;
- directs callers to appropriate resources for their situation.

AgriStress
HELPLINESM
for Texas

 **833.897.2474**
call or text

KNOW THE SIGNS

Signs of Stress May Include:

- A decline in personal appearance
- Changes in routines or social activities
- Increases in illness or chronic conditions
- Lack of interest in activities
- A decline in the care of pets and livestock
- A decline in the appearance of the farm
- Increases in farm accidents)

Signs of Suicidal Thoughts May Include:

- Withdrawal from friends or activities
- Suggesting people would be better off without them
- Engaging in risky behaviors
- Drastic changes in mood or behavior
- Giving away possessions

HOW TO HELP

Start a conversation.

If you know someone that is experiencing emotional pain or thoughts of suicide...

1. **Ask** if they want to talk and let them know you care about them.
2. **Listen** to them well.
3. **Familiarize** yourself with available mental health resources.
4. **Connect** them to help then follow up.
5. **Reduce** access to lethal means, such as firearms, if you think someone is at risk of suicide.