



# 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**  
**HELPLINE**<sup>SM</sup>  
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.



# A 24/7 CRISIS RESPONSE LIFELINE SERVING TEXANS THROUGH CALL AND TEXT

Launched February 1, 2022



## A Lifeline for Agricultural Communities

Not only does the agriculture industry have some of the highest rates of fatalities and injuries across all age groups, but also some of the **highest rates of suicide**.

Work and life in agricultural communities bring about **unique stressors and situations**, which increase barriers to accessing care. This is why they need professionals who understand their particular issues.

VIA LINK, the crisis call center for the AgriStress Helpline, is accredited by the **American Association of Suicidology (AAS)** and the **Alliance of Information and Referral Systems (AIRS)**.

The crisis support specialists who answer the line are all certified in **FarmResponse®**, a continuing education course which provides the full range of competencies necessary for serving farmers, ranchers, fishers, foresters, and loggers. All specialists have over 300 hours of evidence-based training in crisis support and de-escalation.



## The AgriStress Helpline <sup>SM</sup>

### Suicide Lifeline First, Resource Line Second

While there are a handful of agricultural resource and referral lines out there, this is the only crisis support line currently dedicated to agricultural, forestry, and fishing communities.

### Accessible and Affordable

In addition to both call and text capability, the 24/7 toll-free AgriStress Helpline has a translation capability of 160 languages. All calls are answered within 30 seconds, with an average answer rate of around 18 seconds.

### Quality Care

There is no limit to how many times someone may call the line, nor is there a limit on call duration. All callers receive care that is specific to their needs - whether that is a risk assessment, emergency services, emotional support, or connection to resources. Everyone is also offered a 24-hour follow-up call.



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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

