



# Work in Agriculture Can Be Stressful.

**“Just as cattle feed should have optimal levels of protein, carbohydrates, sodium and zinc, farmers must allow adequate time for sleep, recreation and social interaction to function at their best”.**

– Michael Rosmann, PhD

Signs to look for when agriculture-related stress has begun to affect you or someone you know:

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| <ul style="list-style-type: none"><li>• Lack of energy/motivation to do usual tasks</li><li>• Loss of interest in favorite activities</li><li>• Alcohol and/or substance abuse/addiction</li><li>• Withdrawal from others</li><li>• Relational tension</li><li>• Thoughts of hurting oneself</li></ul> | <ul style="list-style-type: none"><li>• Care of Livestock Declines</li><li>• Increase in Agriculture-Related Accidents</li><li>• Appearance of Farmstead Declines</li><li>• Children Show Signs of Stress</li></ul> |
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**WSU** | AGRICULTURAL  
SUICIDE PREVENTION  
PILOT PROGRAM

**You are not alone.** There are others who can relate, and more importantly, who can help if you're having trouble coping.

**Free, Confidential, 24/7.**

National Suicide Prevention Lifeline:

**1-800-273-8255**

Crisis Text Line: **Text HEAL to 741741**



**CRISIS TEXT LINE |**

\*Content adapted from Robert J. Fetsch, Extension Specialist & Professor Emeritus, Department of Human Development & Family Studies, Colorado State University, Fort Collins, CO 80523-1570. WSU Extension programs and employment are available to all without discrimination. Evidence on noncompliance may be reported through your local WSU Extension Office.