

AGRICULTURE CAN BE STRESSFUL

Are you or someone you know experiencing:

- Change in routine
- Decline in care of farm and/or livestock
- Change in mood (anxious, agitated, angry)
- New or increased financial pressures
- Loss of interest in hobbies/activities

Agriculture-related stress **can** be managed.
Reach out to family, friends, neighbors, or your faith leader.

FREE and **confidential** resources:

Farm Aid Resource Line:

1-800-FARM-AID (327-6243)

National Suicide Prevention Hotline:

1-800-273-TALK (8255)



For additional resources visit:

<https://extension.wsu.edu/skagit/suicide-prevention/>