Farm Mental Health Resource Guide

A farm mental health resource guide with ordered steps for farm families and workers to recognize stress, find support, and connect with crisis and counseling services.

Farm / unit: _____ Date: _____ By: _____

1. Notice changes in mood or habits
2. Talk to someone you trust
3. Reach out to a doctor
4. Call or text 988 in a crisis
5. Find rural counseling services
6. Contact your extension office
7. Connect with a peer group
8. Check on neighbors
9. Keep a list of local resources

YOUR NOTES

TIP If you or someone is in danger, call or text 988 or call emergency services right away.

More farm satire, farm music and farm news at **farm.FM**

Related on farm.FM: Jesus Was Born on a Dairy Farm