

# AGRICULTURE IS AMONG INDUSTRIES WITH THE HIGHEST SUICIDE RATES IN THE UNITED STATES.

Centers for Disease Control Prevention

## Resources for Farm Stress Management

Idaho Suicide Prevention Hotline

988 or (208) 398-4357

FARMAID

1-800-FARMAID (1-800-327-6243)

Hotline hours are Monday through Friday 7am - 8pm MST

WESTERN REGION AGRICULTURAL STRESS

ASSISTANCE PROGRAM

[farmstress.us](http://farmstress.us)

FARM CRISIS CENTER

<https://farmcrisis.nfu.org/>

## WARNING SIGNS OF POOR MENTAL HEALTH FOR FARMERS AND RANCHERS

\*Change in routine

\*Decline care of domestic animals

\*Decline in appearance of the farm

\*Decreased interest in social activities

\*Increased farm accidents

\*Increase in illness/chronic conditions

\*Signs of stress in children

The Idaho Farm and Ranch Center was created in 2020, to help Idahoans start, manage, and transition farms and ranches.



For more information  
[farm.idaho.gov](http://farm.idaho.gov)

## IDAHO FARM AND RANCH CENTER

Cultivating Opportunity



**FARM STRESS MANAGEMENT**  
Supporting Farmers and Ranchers



IDAHO STATE DEPARTMENT  
OF AGRICULTURE  
[farm.idaho.gov](http://farm.idaho.gov)



# WHAT STRESSORS AFFECT IDAHO FARMERS AND RANCHERS?

- Volatile Markets
- Weather and Natural Disasters
- Isolation
- Long Work Hours
- COVID-19 Economic Disruptions
- Fear of Losing the Farm
- Misconceptions about 'Toughness'
- Stigma around Seeking Help
- Family Dynamics
- Lack of Mental Health Services in Rural Communities

## FARM STRESS MANAGEMENT TIPS

### USE RELIABLE RESOURCES

Find resources to aid you and others affected by stress.

### CONNECT WITH OTHERS

Talk to friends, family or colleagues who may be experiencing similar feelings.

### KEEP YOURSELF PHYSICALLY HEALTHY

Avoid excessive amounts of caffeine, alcohol, tobacco or use of illegal drugs or abuse of prescription medication. Consider talking with your family doctor or mental health professional if you are experiencing chronic stress.

### SEEK ROUTINE

Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family when possible.

### FIND PRACTICAL WAYS TO RELAX

Seek time away from your farm or ranch obligations through a hobby or social activity. Allow time to recharge after exceptionally busy days and seasons.

