# 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)

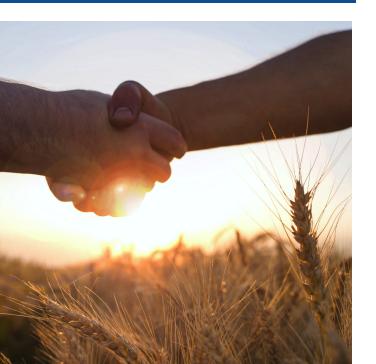
Hotline hours are Monday through Friday 7am - 8pm MST WESTERN REGION AGRICULTURAL STRESS

ASSISTANCE PROGRAM

farmstress.us

**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



# 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.