



SHOULD I
call?

- You are having a hard time taking care of yourself or your family on a daily basis
- You experience abnormal sleep patterns: not sleeping at all or sleeping excessively
- Stress gets in the way of your daily activities several days in a row
- You experience rapid, unexplained mood swings
- You feel sad, blue, hopeless or depressed the majority of the time
- You worry excessively and experience anxiety that overtakes most of your thoughts
- You can't shake the impact of a trauma or loss in the past or caused by recent events
- You are using alcohol, drugs (including prescription drugs), other substances or activities as a way to help you numb your pain
- You anger easily and often act irrationally or even violently
- You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors and extreme behaviors
- You are thinking about suicide or harming yourself

Please get the support you need from people who care.

Farm and Rural Stress Hotline
1-800-691-4336

SDSU Extension
<https://bit.ly/SDSUExtension>



Call 211 or visit
605strong.com

Available 24/7

STRENGTH TAKES
courage

Program Managed by the
Division of Behavioral Health
South Dakota Department of Social Services



605strong.com



**AGRICULTURE
BEHAVIORAL
HEALTH
VOUCHER
PROGRAM**

HERE TO PROVIDE CARE

CALL 211
605strong.com



SEEK *support*

If you feel overwhelmed in your situation or are struggling with emotions like anxiety, depression, stress, sadness or fear, you are not alone. Your feelings are an understandable human response to frustrations such as extreme weather conditions, production challenges, machinery breakdowns, price and market uncertainties, and long hours that prevent time with family. Finding a healthy way to work through these emotions is important for you and everyone around you.

SDSU Extension, the South Dakota Department of Social Services, and the South Dakota Department of Agriculture and Natural Resources have partnered to offer a behavioral health voucher program for farmers, ranchers, and their immediate family members. The voucher program will provide funding for free mental health counseling services to farm families.

To receive the behavioral health vouchers, producers can call **211**, the Avera Farm & Rural Stress Hotline **1-800-691-4336** or visit SDSU Extension at <https://bit.ly/SDSUExtension>.

WHAT SERVICES DO VOUCHERS COVER?

Mental Health Services
Substance Abuse Services
Transportation and Medication
Cost Assistance

- Services can be in-person or via telemedicine
- You and your provider determine how many sessions you need
- Call **211**, 24/7 to find a provider near you

STRENGTH TAKES *courage*

We urge you to reach out and connect with someone who will listen and understand.

Professional counselors are trained to provide you with proactive measures to help you deal with your individual emotions and situations.

The goal is to help as many people as possible, so that businesses, families, and lives can move toward a stronger, brighter future.

Call **211** for the support you need.
Visit **605strong.com**

DO I QUALIFY FOR A VOUCHER?



Experiencing mental health and/or substance related issues?

YOU QUALIFY



Need funding support to cover costs of services?

YOU QUALIFY



Out of pocket/co-pays on your insurance are beyond your means?

YOU QUALIFY



Farmer or rancher or related to a farmer or rancher?

YOU QUALIFY