



# FARM *stress*

Farm stressors can come from many directions including the agricultural system, farm and family finances, mental and physical health challenges, and relationship difficulties.

A healthy response to these challenges involves paying attention to the stressors within all of these areas and determining coping strategies that are useful in each area.

## STRENGTH TAKES *courage*

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 feelings is important for you and everyone around you. Help is available to farmers, ranchers, and their family members.

Please get the support you need from people who care. We're here 24/7.

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

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

Call **211** or visit [605strong.com](https://605strong.com)



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

