

## THERE IS HOPE.

### National Suicide Prevention Lifeline

800-273-TALK (8255)

741741 (TEXT)

Trained professionals at the National Suicide Prevention Lifeline are there to help 24/7. They can put you in touch with resources near you to get the assistance you need. The Lifeline is a U.S.-based network of 161 crisis centers that provides a toll-free hotline to anyone in suicidal crisis or emotional distress.

### Substance Abuse and Mental Health Services Administration Treatment Locator

Behavioral Health Treatment Services Locator

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

### Virginia Department of Behavioral Health and Developmental Services [dbhds.virginia.gov/behavioral-health/mental-health-services](http://dbhds.virginia.gov/behavioral-health/mental-health-services)



### You are not alone.

Across the state and nation farmers struggle to cope with the effects of weather, low prices, crop losses and financial instability.



# COPING WITH STRESS in the agricultural community

Let's talk about it.



## KNOW WHEN TO GET HELP

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Recent years have not been kind to farmers with weather extremes, low commodity prices, trade issues and increased debt. Some farms are in crisis as a result, as well as the farm owners. If you feel like your world is crashing around you, talk to someone. Don't let feelings of hopelessness overwhelm you because there are people and organizations that can help.

Contact the National Suicide Prevention Lifeline if you or someone you know threatens to hurt or kill him or herself or someone else.

### Common Responses to Stress

#### YOUR BEHAVIOR

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- Changes in activity level
- Trouble relaxing or sleeping
- Increased use of alcohol/drugs
- An increase in irritability
- Poor work performance
- Difficulty maintaining balance in life
- Loss of interest in pleasurable activities



## HOW TO RELIEVE STRESS

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You can manage and alleviate your stress by taking care of yourself.

#### 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. Spend time with friends and family.

#### KEEP YOURSELF HEALTHY

Get adequate rest, eat healthy meals and drink plenty of water. Avoid excessive amounts of caffeine, alcohol, tobacco or use of illegal drugs or abuse prescription medication. Consider talking with your family doctor or mental health professional if you experience any of these indicators of 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

Use relaxation methods such as breathing exercises, meditation, calming self-talk or soothing music. Get plenty of exercise.

*"The agriculture community is a very humble and prideful community. We are the folks behind the scenes who don't ask for a lot of help. And that's not a problem, until we have times like this."  
Robert Mills, Jr., Virginia farmer*

### Common Responses to Stress

#### YOUR BODY

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- Digestive issues
- Headaches/pain
- Fatigue/loss of energy
- Trembling
- Rapid heart rate
- Weakness
- Sweating or chills

#### YOUR EMOTIONS

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- Shock/denial
- Fear/anxiety
- Easily startled
- Anger or irritability
- Sadness
- Feelings of hopelessness
- Guilt
- Numbness
- Grief
- Mood changes

#### YOUR THOUGHTS

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- Forgetfulness
- Difficulty concentrating
- Difficulty making decisions
- Dreams/nightmares
- Confusion or self-doubt