



# IT'S OKAY TO ASK FOR HELP

## STRESSED?

Stress affects everyone in different ways. It impacts our mental health and physical health. Ignoring signs that our mental well-being needs a tune-up could result in time away from work & increased healthcare expenses.

**Even the toughest people need help sometimes.**



**Scan to save the number!**

## HELPLINE INFO

**A 24/7 lifeline for agricultural communities.**

Staffed by professionals trained to respond appropriately to the agricultural community through a program developed by experts in mental health, agriculture production, mediation, and financial analysis.

**Utilizes a "care navigation" process that:**

- triages for safety with crisis intervention and response;
- directs callers to appropriate resources for their situation.

**AgriStress**  
**HELPLINE**<sup>SM</sup>  
for Texas

 **833.897.2474**  
call or text

## KNOW THE SIGNS

**Signs of Stress May Include:**

- A decline in personal appearance
- Changes in routines or social activities
- Increases in illness or chronic conditions
- Lack of interest in activities
- A decline in the care of pets and livestock
- A decline in the appearance of the farm
- Increases in farm accidents)

**Signs of Suicidal Thoughts May Include:**

- Withdrawal from friends or activities
- Suggesting people would be better off without them
- Engaging in risky behaviors
- Drastic changes in mood or behavior
- Giving away possessions

## HOW TO HELP

**Start a conversation.**

If you know someone that is experiencing emotional pain or thoughts of suicide...

1. **Ask** if they want to talk and let them know you care about them.
2. **Listen** to them well.
3. **Familiarize** yourself with available mental health resources.
4. **Connect** them to help then follow up.
5. **Reduce** access to lethal means, such as firearms, if you think someone is at risk of suicide.