



Farmer & Rancher Stress Assistance Network - NE

Resources for Managing Stress and Burnout



Stress is part of life, and farming is considered to be one of the most high-risk and stressful occupations. In fact, studies by The National Institute for Occupational Safety and Health (NIOSH) confirm that agriculture is one of the most hazardous industries in the United States and that farmers represent an occupational group with one of the highest levels of job-related stress. According to the Centers for Disease Control and Prevention (CDC, Sep 30, 2022), farmers and ranchers are nearly two times more likely to die by suicide in the U.S. compared to other occupations.



Everyone develops their own tactics to manage all of the routine pressures in order to cope, but burnout can develop over time when someone faces chronic stressors. And some extraordinary stressors may come your way that cannot be effectively managed with the same strategies, resulting in feeling overwhelmed.

When feeling swamped, burned-out or overloaded, keeping your frustrations bottled up and isolating yourself is **not** an effective strategy. In fact, that approach can deepen the anxiety and enhance feelings of despair, resulting in continued distress, depression or feeling compelled to rages or abusive behaviors toward yourself or others.

Reaching out for support or assistance is NOT a sign of weakness; rather, it demonstrates one's strength and responsibility. Family members and close associates may have noticed some changes and would be caring confidants. If there is a preference for talking with someone outside the family, it might make sense to talk with a trusted friend or reaching out to your primary care physician or a pastor or other individual in your own religious group. There are now resources available for farmers to assist with managing farm stress and connect farmers with needed contacts and supports. The worst thing is not talking to anyone.

National hotlines and resources

988 - has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. Starting July 16, 2022, this became available to everyone across the United States.

AgriStress HelplineSM - Call or text **833-897-2474** this free and confidential crisis and support line 24/7. Interpretation services are provided in 160 languages and staffed by trained professionals who understand issues related to agriculture and provide support and/or will help you find mental health resources in your area.

1.800.950.NAMI (6264) The NAMI (National Alliance on Mental Health) HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m. ET. Call 1-800-950-NAMI (6264); text "HelpLine" to 62640; email at helpline@nami.org; chat: nami.org/help

Text to 741741- The Crisis Text Line is a texting service for emotional crisis support. It is free, available 24/7, and confidential. Start your message with HOME or START or HELLO to get connected to a volunteer Crisis Counselor.

1.800.FARM-AID (1.800.327.6243) - Farm Aid has resources and a hotline for farmer support. (This is NOT a crisis line.) To talk to the Hotline Team directly, call **1-800-FARM-AID (1-800-327-6243)**. The Hotline is answered Monday through Friday from 9am – 10pm ET. Hotline assistance available in English and Spanish.

STATE RESOURCES

Some states in the Northeastern region have their own stress management and crisis resources specifically for farmers, their family members and farm workers. These may be available through your state's Cooperative Extension Service, Department or Agency of Agriculture or another agricultural program. Contact Cooperative Extension in your state to learn more about programs available to you that can provide assistance, supports and referrals for farmers through Extension or partner programs.



We've Got Your Back website - University of Delaware Cooperative Extension

This site contains links and resources to address mental wellbeing and then specific resources to address specific farm stressors.

<https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/got-your-back/>

Mental Health Association of Delaware - The Mental Health Association in Delaware promotes improved mental well-being for all individuals and families in Delaware through education, support, and advocacy. Much information on their website including links and local resources such as wellness groups, peer services and hotlines. <https://www.mhainde.org/>

National Alliance of Mental Illness - DE - NAMI Delaware was founded in 1983 and provides a wide range of awareness, advocacy, support, education and housing to support those affected by mental illness in Delaware. This organization also offers classes, support and discussion groups and professional development training. <https://www.namidelaware.org/about/>

University of Delaware Cooperative Extension – The website found at <https://www.udel.edu/canr/cooperative-extension/> has information on many topics of concern to farm families. Additionally, resources can be found at our 3 county Extension Offices:

New Castle 302-275-2506 Kent 302-697-4000 and Sussex 302-856-7303

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