



Resources for Managing Farm Stress and Burnout

It's not in your imagination. Stress is a real part of the farming life. Finding people to talk to when you're stressed can help ease the tension. Farming is one of the most high-risk and stressful occupations there is. And fellow farmers or folks in your community want to make sure you're doing okay.

According to the Centers for Disease Control and Prevention (CDC,2022), farmers and ranchers are nearly two times more likely to die by suicide in the U.S. compared to other occupations.

Reach out to someone to talk!

We all develop our own ways to manage **daily pressures** in order to cope. Burnout can develop over time when all the stresses add up day after day. And on top of that, sometimes **extraordinary stressors** may come along that tip the scale and can't be managed with the same strategies. Feelings of hopelessness, sadness, and overwhelmed can result.

When feeling swamped, burned-out or overloaded, keeping frustrations bottled up and isolating by staying away from others is **not** an effective strategy. Being isolated can deepen the anxiety and enhance feelings of despair, continued distress, depression or anger toward ourselves and others.



Reaching out for support or assistance is not a sign of weakness.

It is a sign of strength.

You matter. People in your life care about you. Consider reaching out to family members, other farmers, co-workers, neighbors, your primary care physician, a religious leader in your community, a trusted friend, or one of the crisis and support numbers on the other side of this page.

See other side for State and National hotlines and resources

National Hotlines and Resources

988

988 is the three-digit dialing code that reaches the National Suicide Prevention Lifeline.

1.800.950.NAMI (6264), text "HelpLine" to 62640

The NAMI (National Alliance on Mental Health) HelpLine can be reached M-F 10 a.m. – 10 p.m. ET. Call, text, email: helpline@nami.org; chat: nami.org/help

Text 741741

The Crisis Text Line is a text 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)

The Farmaid Hotline has resources and can provide farmer support. It is not a crisis line, but is staffed M-F from 9a-10p. Support available in English and Spanish.

Maine-Specific Hotlines and Resources

1-888-568-1112

Maine Crisis Line is available 24/7, 7 days a week by text or call. Confidential.

1-844-844-2622

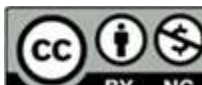
Wabanaki Care Line provides culturally-competent support on or off the reservation. 24/7 and confidential.

1-877-565-8860

MaineTrans.net provides peer support by and for trans people 24/7 in English and Spanish.

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