



Resources for Managing Stress and Burnout- Maryland

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 support. The worst thing is not talking to anyone.

National hotlines and resources

988

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.

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.

Maryland 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 other agricultural program. Contact Cooperative Extension in your state to learn more about programs available to you that can provide assistance, support and referrals for farmers through Extension or partner programs.



- University of Maryland Extension Farm Stress Management** - Program provides education and outreach on topics related to mental and physical wellness for farmers, families, and communities. Focus is specifically on developing resources to alleviate stressors driven by financial, legal, or mental health issues <https://go.umd.edu/farmfamily>

- Maryland Network of Care** - <https://maryland.networkofcare.org>

- The Pro Bono Counseling Project** - Free Therapy in Maryland. Assist families, couples and individuals. Call at 410-825-1001 or 877-323-5800 for a confidential phone interview. <https://www.probonocounseling.org/>

- Center for Healthy Families** - A couple and family therapy clinic housed in the Department of Family Science at the UMD, College Park <https://www.thecenterforhealthyfamilies.com/>

- Maryland Agricultural Conflict Resolution Service** - No cost – to little cost mediation. <https://mda.maryland.gov/Pages/acrs.aspx>

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