



Stress is part of life, and farming is considered one of the most high-risk and stressful occupations. 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 tactics to manage all of the routine pressures to cope, but burnout can develop over time when someone faces chronic stressors. And some extraordinary stressors that cannot be effectively managed with the same strategies may come your way, resulting in feeling overwhelmed.

When feeling swamped, burned-out, or overloaded, bottling your frustrations 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 rage or abusive behaviors toward yourself or others.

Reaching out for support or assistance is NOT a sign of weakness; instead, it demonstrates strength and responsibility. Family members and close associates may have noticed some changes and would be caring confidants. Suppose there is a preference for talking with someone outside the family. In that case, it might make sense to talk with a trusted friend or reach out to your primary care physician, a pastor, or another individual in your own religious group. Now, resources are 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 crisis lines, 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 am – 10 pm E.T. 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 9 am – 10 pm E.T. Hotline assistance is available in English and Spanish.

AgriStress HelplineSM (Call or text 833-897-2474) This is a free and confidential crisis and support line you can call or text 24/7. Interpretation services are provided in 160 languages. The helpline is answered by trained professionals who can support and/or help you find mental health resources in your area. They are trained in understanding issues related to agriculture.



Resources Specific for New York State

New York State has stress management and crisis resources for farmers, family members, and farm workers. Here is a listing of some available resources.

NY FarmNet - NY FarmNet serves the needs of N.Y. farms and farm families in dealing with their financial and emotional challenges. We assist new and existing farmers by addressing the financial challenges and opportunities involved in building a successful farm business. We also aid agribusiness professionals who work with farms in understanding the stress and mental challenges of farming and how to interact with these situations effectively. <https://www.nyfarmnet.org/>

Those who prefer to talk to someone directly may call 1-800-547-FARM. Those needing to speak with a counselor may call the NY FarmNet 800 phone number. They will be connected to a crisis center.

N.Y. Center for Agricultural Medicine and Health – NYCAMH’s mission of the New York Center for Agricultural Medicine and Health (NYCAMH) is: "Enhancing agricultural and rural health by preventing and treating occupational injury and illness." <https://www.nycamh.org/>

Rural Minds – This is a resource and referral service for farmers in NYS and beyond. <https://www.ruralminds.org/>

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