What You Can Do

**you can save a life & be a resource**

- Listen, ask questions, and observe
- Find resources for the individual, whether it be a crisis line (phone numbers on the front and back pages), or a walk-in clinic or emergency room
- Offer to make the phone call to the crisis line or send the first text to the crisis text line
- Remove methods that they may use to attempt suicide
- Be ready for the tough answers
- Offer to be there every step of the way, and remind them that THEY ARE NOT ALONE

**TENNESSEE FARMER SUICIDE PREVENTION**

**Cultivating Hope**
stress & suicide prevention in agriculture

**Free & Anonymous**

**CALL 1 - 800 - 273 - 8255**
or **855 - CRISIS - 1**

WE ARE HERE TO HELP: TEXT TN TO **741741**

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**TENNESSEE STATE UNIVERSITY EXTENSION**

**FARM STRESS**

**What contributes to the mental health of farmers and farmworkers?**

- Financial
- Weather
- Isolation
- Stigma
- Stress

**What obstacles do farmers expect to experience in seeking mental health care?**

- Cost (87%)
- Embarrassment (70%)
- Awareness (65%)

**How to Reduce Stigma**

**TALK TO SOMEONE**
- Church leader
- Family
- Friend
- Doctor

**INCREASE AWARENESS**
Contact your local Extension office for more information on caring for your health and stress management available in your county.
Risk Factors
these factors increase the chances of suicidal thoughts and behavior

- A bad crop season
- Death of a relative
- Financial issues due to uncontrollable events, like weather and policy changes
- Geographic isolation - not only isolation from others, but from access to services due to distance
- Work-related injuries
- Physically demanding job
- Higher stress occupation
- Pressure for men to stay in role as a provider, to “be a man,” can keep some from seeking help
- Exposure to harmful pesticides

Warning Signs
recognizing when someone’s in crisis

- An increase in use of drugs and/or alcohol
- An unusual farming accident
- Increased feelings of hopelessness, mental illness, psychological distress and depressive symptoms
- Change in sleeping patterns
- Making final arrangements, giving away possessions, getting personal affairs in order
- Withdrawal from family, friends, or routines that were pleasurable
- Not being able to focus
- Agricultural problems due to finances, weather changes, or policy changes