

Nine out of 10 farmers agree:
Financial issues, business or farming problems,
and fear of losing the farm affect their mental health.

Here's one less worry: Help is available 24/7.

Source: American Farm Bureau Federation

Farming has always been a stressful occupation. It's not surprising to learn that farmers' anxiety levels have risen during the past two years. SIU's Center for Rural Health and Social Service Development is leading the effort to create a network of support and resources for Illinois farm families.

The **Farm Family Resource Initiative** seeks to improve the health and well-being of Illinois farm owners and families by:

- Identifying important needs, including mental health support
- Linking you to available resources
- Developing a network of partners to respond to your needs
- Where necessary, creating new resources to provide aid

The program offers a range of tools, including a 24/7 helpline, text, email and website services, and education and training for rural partners to improve the health and safety of farm families at no cost to the farmer or farm family member with the support of grant funding. Telehealth counseling is also available for up to six individual, couple or group sessions.

CALL OR TEXT

1-833-FARMSOS
(833-327-6767)

EMAIL

FarmFamilyResourceHelpline@mhsil.com

VISIT

siumed.org/farm

For more information: Contact Karen Stallman, Ag Resource Specialist, at kstallman88@siumed.edu | 618-713-0759

**WE ALL NEED
SOMEONE WE
CAN TALK TO**

