



Farm Stress Management

<https://extension.umd.edu/FarmStressManagement>

Farm families are the backbone of America, providing important commodities like food, grains, and they are a significant component of our national economy. Having healthy farms and healthy farm families promotes environmental stewardship, cultural legacies, and rural community growth.

But farm families are feeling the pressure of an inconsistent and unreliable economy. Finances, legal issues, and physical and mental well-being are all at the forefront of agricultural concerns. Farmers have been forced to parcel off their land, file for bankruptcy, deny their children inherency rights, and take secondary jobs off the farm to provide health insurance and supplemental income to make ends meet.

These stressors can lead to mental and emotional distress, substance abuse, anxiety, depression, and even suicide.

Because of the critical role of farmers in our state and across the nation, your local **Caroline County Health Department is working with non-profits to help you at your home or place of work. Call us at 410-479-8000 and ask for Terri.** The University of Maryland Extension has assets on their web site to help farm families navigate the numerous resources available online and provide timely, science-based education and information to support prosperous farms and healthy farm families.

If you are a farmer in need of health, or know of someone in need of assistance, call the local Health Department at 410-479-8000; or the State of Maryland Assistance number at 211 and press 1; or call the National Suicide Prevention Lifeline 1-800-273-8255 or dial 9-1-1.

