

Agricultural Community Outreach Reference Guide

Recognizing Signs of Concern

Change in routines: Farmers or members of the farm family may change who attends a market, stop attending regular meetings or religious activities, drop out of other groups, or fail to stop at the local coffee shop or feed mill. Showing up late or cancelling appointments

Decline in the care of domestic animals: Livestock or pets may not be cared for in their usual way.

Decreased interest: Farmers or farm families may be less willing to commit to future activities, sign up for gatherings, or show interest in community events.

Increased references to the use of alcohol and other substances.

Change in Personal Appearance: Farmer's appearance is more unkempt or seems more tired than usual.

Change in Property /Grounds: The farm family no longer takes pride in the way farm buildings and grounds appear.

Expressing One or More Non-Typical Feelings: Sadness, Excessive Worry, Irritability/Anger, Lack of Confidence/Self-Confidence

Increase in illness: Farmers or farm family members may experience more colds, flu, or other chronic conditions such as aches, pains, persistent cough, migraines.

Increase in farm accidents: The risk of farm accidents increases with fatigue or loss of ability to concentrate.

What To Say....

What Not To Say....

Something seems to be bothering you...
tell me about it.

You'll get over it. You've just got to ignore
it and get on with life.

How long have you been feeling like this?

You'll feel differently tomorrow.

It's hard for me to understand what you're
going through but I can see it's bothering
you...how can I help?

I'd like to stop and talk, but I've got to go.
I'll give you a call later.

You've missed our last three appointments,
what's going on?

You're here to work and have a job to do,
let's get on with it.

Would you like help finding someone to
talk to about what's bothering you ?

It's such a beautiful day outside, how can
you feel so sad?

How to Approach Next Steps

Discuss the referral with the person or family ("It sounds/looks like you are feeling _____. I think _____ could help you deal with your situation.")

Explore the individual's or family's willingness to initiate contact with the community resource ("How do you feel about seeking help from this person/agency?" or "Can I help you contact _____ at this agency?")

If you don't know where to start, refer to the numbers on the back of this guide.

Resources and Next Steps



Local 24/7 Crisis Lines

1-800-344-5818

988

State 24/7 Resources

Statewide Crisis Text Line – text 4HOPE to 741741

Ohio CARE line - 1-800-720-9616

Ohio Suicide Prevention Line – 1-800-273-8255 OR 988

Additional Resources

For local treatment services

Mental Health & Recovery Services Board, 740-454-8557

www.mhrs.org

Additional Information

<https://u.osu.edu/farmstress/resources/>

<https://u.osu.edu/farmstress/fact-sheets-articles/>

<https://ohioline.osu.edu/factsheet/flm-fs-8-99-r07>

<https://ohioline.osu.edu/factsheet/anr-71>

<https://farmstress.org/>

<https://nasdonline.org/7316/d002520/daily-chore-handling-stress-on-the-farm.html>

https://oaba.net/aws/OABA/pt/sd/news_article/378782/PARENT/layout_details/false

<https://www.ruralhealthinfo.org/topics/farmer-mental-health>