## **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.

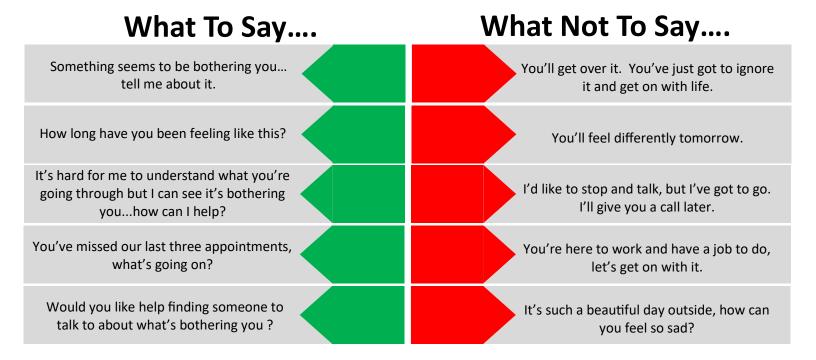
Change in Personal Appearance: Farmer's appearance is more unkempt or seems more tired than usual.

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.



### **How to Approach Next Steps**

Discuss the referral with the person or far	mily ("It sounds/looks like you are feeling	I think	_ could help you deal
with your situation.")			
Explore the individual's or family's willing	ness to initiate contact with the community r	esource ("Hov	v do you feel about
seeking help from this person/agency?" o	or "Can I help you contact at this agence	y?")	
If you don't know who	ere to start, refer to the numbers on the b	ack of this gu	<u>iide.</u>

# **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