

Montana Ag Safety Program



Mental Health

Mental health is just one part of our physical health and helps determine how we handle stress, make health choices, and interact with others. Mental health is directly related to our thoughts, feelings, actions, and overall well-being. Small amounts of manageable stress can be beneficial, but chronic and unmanageable stress can negatively impact our mental health. Those involved in agriculture often experience significant stress from extreme weather events, natural disasters, fluctuating commodity prices, trade disruptions, difficult family dynamics, isolation, rising interest, equipment breakdowns, and the list goes on...

While we may not have control over many of the most stressful things we experience day-to-day, we can control how we respond to them. The most important asset to the farm or ranch is you! It is important to recognize the sources of stress and signs that the stress has become too much.

Warning Signs of Stress

- Change in routines
- Decline in the care of livestock or pets
- Change in appearance
- Change in mood
- Increased illness – upper respiratory (cold or flu) or other chronic conditions (aches, persistent cough, migraines)
- Increase in farm accidents
- Decline in appearances (personal or of the farm/ranch)
- Decreased interest

Being tough sometimes means asking for help. Tough conversations today can prevent a tragedy tomorrow. **Professional help can be found at:**

- Counseling Access for Montana Ag: Frontier Psychiatry at frontier.care/beyondtheweather
- Suicide and Crisis Lifeline: 988lifeline.org or dial 9-8-8
- Farm Aid Hotline: 1-800-FARM-AID (1-800-327-6243)