



The Farm and Ranch Stress Assistance Network-NC (FRSAN-NC) connects farmers/ranchers, farmworkers, families and others working and living in agriculture-related settings with stress assistance programs and resources. If you or someone you know could benefit from the services below, please call (844)325-3276 or email info@farmstress.org

FREE TRAINING

Training on the signs/symptoms, and management of farm and ranch-related stress is available and can be tailored by request. Suicide prevention training (e.g., Mental Health First Aid, QPR, ASIST, etc.) is also provided.

AGRICULTURAL BEHAVIORAL HEALTHCARE

Behavioral healthcare strengthens farm health and vitality by helping family farms to:

- manage stress in an unpredictable environment
- understand anxiety and manage symptoms
- understand depression and manage symptoms
- understand and manage symptoms of grief and loss
- problem-solve; find better ways to communicate
- continue growing healthy families

...because when everyone on the farm is healthy, farms are at their best

Assistance is provided to locate and/or pay for counseling/behavioral health services. In-person and telehealth options available.

FARM HEALTH CONNECTORS

Connectors help identify community resources to assist with physical, social and spiritual issues causing stress not addressed by counseling/behavioral health services (e.g., medical supplies/equipment, food, utilities, transportation, caregiving, etc.) Target counties: Anson, Duplin, Pitt, Robeson and Wilkes.

FARMER TO FARMER

Specially trained members of the farming/ranching community provide confidential, non-judgmental peer support for other community members needing someone to talk to who understands day-to-day stress associated with farming/ranching. Peers are matched on factors such as commodities, age, and education but are never from the same or a neighboring county.

WOMEN IN AGRICULTURE

Farm women come together to share how stress has affected their families and to learn about tools necessary for managing day-to-day stressors. Emphasis is placed on self-care and mutual support through networking.

FARM THEATER

Issues surrounding farm/ranch-related stress, safety and/or health are presented using a short script read by members of the community followed by a brief facilitated discussion. Individuals can socialize, laugh and reflect on how the contents of the script relates to their own situation.

**NC FARM HELPLINE
844.325.3276**

Available 24/7, the Help Line connects individuals experiencing a crisis or in need of other help with resources including mental health, financial, legal, farm safety/health, Cooperative Extension and more.

FARM STRESS WEBSITE

Information on existing resources, crisis lines, training, support groups, upcoming events, and farm finance is available at www.ncfarmstress.org.

Programs are supported with funds from the US Department of Agriculture/NC Department of Agriculture & Consumer Services (NCDACS), NC Tobacco Trust Fund Commission, NC Farm Credits and Corn Growers Association of NC. FRSAN-NC is a partnership among NCDACS, NC Agromedicine Institute, CareNet Counseling, NC Cooperative Extension and Eastern Area Health Education Center.