



## OUR SPECIALISTS ARE HERE TO HELP!

Research-based solutions from professionals located right here in Iowa.

### Iowa Concern 800-447-1985

Available all hours, all days  
Stress counseling, financial concerns, legal rights

[extension.iastate.edu/iowaconcern](http://extension.iastate.edu/iowaconcern)

### Healthy Families 800-369-2229

Available all hours, all days  
Prenatal, child health, and women's health care questions and information

[womenshealthiowa.info](http://womenshealthiowa.info)

### Iowa 2-1-1 2-1-1

Available all hours, all days  
Resource referral for housing, health, employment, food, family, transportation, education, and legal assistance

[211iowa.org](http://211iowa.org)

### Teen Line 800-443-8336

Available all hours, all days  
Personal and health-related information and referral

Dial 711 for TTY/TDD  
Telecommunication Device for the Deaf

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# ON THE FARM: STRESS IS REAL

Left untreated, stressors may lead to mental health and substance use issues, including death by suicide. Learn to recognize stress in yourself, family members, friends, neighbors, or others. Know when and how to get help and offer support. **YOU ARE NOT ALONE.**

## Signs and Symptoms of Mental Health Concerns

- Changes in routines or social activities
- Decline in the care of domestic animals
- Increase in illness or other chronic conditions
- Increase in farm accidents
- Decline in appearance of the farmstead
- Signs of stress in children including struggles with school
- Decreased interest in activities or events

## Warning Signs of Suicidal Intent

- Talking about suicide and history of suicide of family member or friend
- Changes in sleep and/or eating patterns
- Stopped taking medication as prescribed or hoarding medication
- Increased use of drugs or alcohol
- Preoccupation with death
- Giving away possessions
- Obtaining firearms
- Withdrawing from family, friends, and routines that were pleasurable
- Talking about being a burden to others
- Feeling trapped – like there is no way out

