



Handling stresses. Fixing problems. Farmers and ranchers learn early how to take care of our own challenges. But life stresses can overwhelm us. That doesn't mean we are weak—it means we are human. Life can get tough at times. Being frustrated, down or exhausted doesn't mean you are failing. Such feelings are stress signals, like the check engine light on a vehicle. They mean slow down and focus on wellness. **Your health is your most important asset in farming and ranching.**

IN NORTH DAKOTA, WE EXPECT A LOT FROM OUR BOOTSTRAPS.

WEARING OUT YOUR BOOTSTRAPS?

HELP AND HOPE IS AVAILABLE.



WHERE TO GET HELP

- **NDSU Extension** – Farm/Ranch Stress Resources are available at www.ag.ndsu.edu/farmstress or at your local Extension county office.
- **Together Therapy and Wellness** – Offers in-person and telehealth farm-to-farm counseling services, and the counselors have farming backgrounds. Cost coverage is available as needed. Call **701-404-0997** or visit this link: <https://www.togethertw.org/farm-to-farm-1>
- **ND Behavioral Health Services Directory** – Counseling and substance misuse services are available statewide: <https://www.hhs.nd.gov/behavioral-health/find-services>
- **FirstLink Help Line** (24-hour helpline, services, referral) – Call: **2-1-1** or visit this link: <https://myfirstlink.org>
- **North Dakota Department of Agriculture – Mediation Service and Credit Counseling** – This program offers help to financially distressed farmers and ranchers through assistance with credit, financial matters and resolving disputes. Call 701-328-4158 or visit this link: <https://www.ndda.nd.gov/divisions/business-marketing-information/north-dakota-mediation-service>
- **988 Suicide & Crisis Lifeline** (available 24 hours a day) – Call or text **9-8-8**, or chat <https://988lifeline.org>, available 24/7.
- **In an emergency, call 9-1-1.**

YOU DON'T HAVE TO GO IT ALONE.

Together Therapy and Wellness

NDSU | EXTENSION

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