

TAKE CARE OF YOUR EQUIPMENT

TAKE CARE OF YOURSELF AND OTHERS



LET'S TALK
ABOUT IT

Are you worried about someone's safety? Your own?

Directly ask about your concerns or warning signs of stress:

"Have you thought about hurting yourself or others?"

Directly ask about suicide as it relates to warning signs of stress:

"Do you have a plan?"

SOMETIMES YOU NEED HELP. SOMETIMES YOU ARE THE HELP.

RESOURCES

- **9-8-8 Suicide & Crisis Lifeline** (available 24 hours a day) - Call or text **9-8-8**, or chat **988lifeline.org**
- **FirstLink Help Line** (24-hour helpline, services, referral) - Call **2-1-1**
- **In an emergency, call 9-1-1**
- **NDSU Extension - Farm/Ranch Stress Resources:**
www.ag.nsu.edu/farmstress



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