



LET'S TALK  
ABOUT IT

TAKE CARE OF  
YOUR EQUIPMENT

TAKE CARE OF  
YOURSELF  
AND OTHERS

**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](http://www.ag.nsu.edu/farmstress)

**NDSU**

EXTENSION

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