

SO **GOD** MADE A **FARMER**



AND WE WANT TO KEEP HIM
ALIVE.

Stress, anger, frustration?

**We have confidential help ready to
talk to you day or night.**



988
SUICIDE
& CRISIS
LIFELINE

WARNING SIGNS FOR SUICIDE:

IF A PERSON TALKS ABOUT:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Cannot see a future for themselves
- Unbearable pain—whether physical, psychological, or a combination of both

WHAT ARE THEIR ACTIONS?

The following are some behaviors that may indicate risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Displaying aggression
- Displaying fatigue
- Decline in the appearance of the farmstead
- Decline in the health and care for livestock and crops

WHAT IS THEIR MOOD?

A person at risk for suicide may display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

The **Suicide Prevention Resource Center** (www.sprc.org) has identified 3 risk factors that should prompt IMMEDIATE action such as calling the National Suicide Prevention Hotline (9-8-8) or going to the nearest emergency department:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

HOW TO HELP SOMEONE IN EMOTIONAL PAIN

- ASK -Ask In Earnest if they are thinking of suicide
- Keep them safe
- Be there
- Help them connect
- Stay connected

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/5-action-steps.pdf>

RESOURCES

National Suicide Prevention Lifeline

Call: 9-8-8

The Lifeline provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for your loved one.

<https://suicidepreventionlifeline.org/>

Ask In Earnest

This initiative raises awareness of suicide in the farm and ranch community and engages rural populations in a community-based effort of suicide prevention.

www.askinearnest.org

#askinearnest

Suicide Prevention Coalition of Yellowstone Valley

Dedicated to raising awareness and educating on suicide risks factors and ways to intervene, building community, and to serve as the backbone for suicide prevention in our valley.

www.spcalitionyv.org

Montana Farm and Ranch Stress Assistance Network

The Montana Department of Agriculture has partnered with Frontier Psychiatry to provide all Montanans involved in agriculture with access to free, confidential counseling services

<http://beyondtheweather.com/>

Farm Aid

Farm Aid works year-round to build a system of agriculture that values family farmers, good food, soil and water, and strong communities.

<https://www.farmaid.org/>

Farm Crisis Center

The National Farmer's Union has compiled resources to help farmers through stressful times.

<https://farmcrisis.nfu.org/>

American Farm Bureau Federation

The Farm State Of Mind provides information on warning signs, resources, and how to help someone in emotional pain.

<https://www.fb.org/> #FarmStateOfMind