

“Farming is a noble calling and many farmers see their occupation as a key part of their identities. When that occupation is threatened - by drought, flooding, disease or a down farm economy - people can feel like their meaning of life is disappearing.”

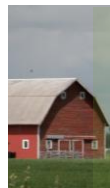
– Michael Rosmann, PhD



Every 11 minutes 1 person will die from suicide in the United States. (CDC, 2019)



More than seven times as many people die by suicide in Oregon annually than by homicide. (Oregon Health Authority, 2019)



Farmers and Ranchers have the 15th highest rates of suicide according to the CDC, 2018.

Acknowledgements

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FREE, confidential, and always available resources for suicide risk

988 Suicide & Crisis Lifeline
Call or Text **988**
or Chat [988lifeline.org](https://www.988lifeline.org)

Crisis Text Line
Text HOME to 741741

David Romprey Oregon Warmline
800-698-2392

2-1-1 Oregon
Dial **211** or go to the website [211info.org](https://www.211info.org)

Farm Aid's Farmer Resource Network and Hotline
800-FARM-AID (800-327-6243)
Staff is available Mon. – Fri., 6 a.m. to 7 p.m. (PST)

Oregon County Mental Health Departments/Crisis Lines (NAMI)
[namior.org/resources/community-resource-lists/county-mental-health-departments/](https://www.namior.org/resources/community-resource-lists/county-mental-health-departments/)



**Oregon State University
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beav.es/farm-stress

This publication will be made available in an accessible alternative format upon request. Please contact Cassie Bouska, 541-572-5263 or cassie.bouska@oregonstate.edu.

OSU Extension Service

COPING WITH STRESS IN TOUGH TIMES



**Oregon State
University**

SIGNS OF AGRICULTURE-RELATED STRESS

The last few years have been difficult for farmers and their families. Many are experiencing financial and emotional stress as a result. There are several signs or symptoms when a farm family may be in need of help. These signs include:

- **Change in routines.** Farmer or farm family stops attending regular activities (e.g. church), drops out of 4-H or other groups, or no longer stops in at the local coffee shop or feed mill.
- **Care of livestock declines.** Livestock may not be cared for in the usual way; they may lose condition, appear gaunt or show signs of neglect or physical abuse.
- **Increase in illness.** Individual may experience upper respiratory illnesses (colds, flu) or other chronic conditions (aches, pains, persistent cough).
- **Increase in farm or ranch accidents.** Stress can cause fatigue and make it difficult to concentrate. This can result in an increase in farm accidents and injuries.
- **Appearance of farmstead declines.** The farm buildings and grounds no longer appear to be maintained as they once were, or farmer no longer has the time to do maintenance work.
- **Children show signs of stress.** Children may act out, decline in academic performance or be increasingly absent from school; they may also show signs of physical abuse or neglect.



WARNING SIGNS OF SUICIDE RISK

- Talking or writing about suicide or death
- Feeling hopeless, trapped, or like a burden
- Isolation from others
- Loss of interest in favorite activities
- Changes in sleep patterns
- Being anxious or agitated
- Acting recklessly
- Increased drug and/or alcohol use
- Stockpiling pills or obtaining a weapon
- Giving away prized possessions
- Saying goodbyes
- Sudden cheerfulness or calm after a period of despondency

WHAT CAN I DO TO HELP?

Friends, extended family members, neighbors, milk haulers, veterinarians, and spiritual leaders, school personnel, or health and human service workers can help by first learning the common stressors that they face from one month to another.

Asking for help is difficult.

By understanding the warning signs of suicide risk, you can learn to identify if a person or family needs help and connect them with appropriate resources as soon as possible. Familiarize yourself with the resources available and have a plan to follow-up if the conversation comes up.



If you are concerned that someone you know may be at risk, have a direct conversation. **Asking about suicide does not cause harm or elevate risk.** You can find more resources on our website: beav.es/farm-stress.