



Mental Health

Mental illness isn't something you should suffer through.

Find help and resources for what you are experiencing so you can feel your best.

<http://bit.ly/agmentalwellness>

Your mental health is a key factor to your job & successful farming.

When you aren't feeling right, it can affect the safety of yourself and others.

It's your responsibility to check on yourself.

Mental health is just as important as your physical health.

- Persistent worry and fear
- Avoidance of others
- Headaches
- Feeling sad or angry often
- Lack of interest or pleasure in activities
- Significant weight change or changes in appetite
- Problems sleeping
- Slow or fidgety body movements, low energy
- Substance misuse

Do you experience any of these?

Mental illness can look like these symptoms.

If you or someone you know is contemplating suicide,
call 1-800-SUICIDE (1-800-784-2433) or 1-800-273-TALK (1-800-273-8255).

DO NOT LEAVE THEM ALONE UNTIL AFTER HELP ARRIVES!