

# Seasons Change | You Remain<sup>SM</sup>

## Wellness Resources For Agricultural Populations

### Wellness Kit Contents:

#### AgriStress Helpline Promotional Items

- Brochures
- Bracelets
- Magnets
- Posters
- Postcards

#### Seasons Change | You Remain<sup>SM</sup> Promotional Items

- Brochures on Stress
- Social Media Toolkit for Agents
- Online Training for Agents



These Wellness Kits are available to AgriLife Extension, Farm Bureau, and Department of Agriculture agents across Texas.

Life in agriculture can bring many stressors, yet producers are often reluctant to seek or receive help.

An extension agent might be the only person a producer is willing to talk to about stress or challenges they face on their farm or ranch.

The Kits provide valuable stress assistance and mental health resources for producers and their families. Extension agents can display these items in the office and/or give them to producers directly.

**Additional resources can be found at [farmlifehelp.com](https://farmlifehelp.com).**