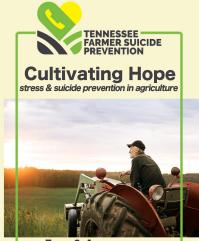


What You Can Do

you can save a life & be a resource

- Listen, ask questions, and observe
- Find resources for the individual, whether it be a crisis line (phone numbers on the front and back pages), or a walk-in clinic or emergency room
- Offer to make the phone call to the crisis line or send the first text to the crisis text line
- Remove methods that they may use to attempt suicide
- Be ready for the tough answers
- Offer to be there every step of the way, and remind them that THEY ARE NOT ALONE







Risk Factors

these factors increase the chances of suicidal thoughts and behavior

- A bad crop season
- Death of a relative
- Financial issues due to uncontrollable events, like weather and policy changes
- Geographic isolation not only isolation from others, but from access to services due to distance
- Work-related injuries
- Physically demanding job
- Pressure for men to stay in role as a provider, to "be a man," can keep some from seeking help
- Exposure to harmful pesticides

Warning Signs

recognizing when someone's in crisis

- An increase in use of drugs and/or alcohol
- An unusual farming accident
- Increased feelings of hopelessness, mental illness, psychological distress and depressive symptoms
- Change in sleeping patterns
- Making final arrangements, giving away possessions, getting personal affairs in order
- Withdrawal from family, friends, or routines that were pleasurable
- Not being able to focus
- Agricultural problems due to finances, weather changes, or policy changes



YOU ARE NEVER ALONE.



CALL 1 - 800 - 273 - 8255



or 855 - CRISIS - 1

TEXT TN TO 741741



